



## Community Health Needs Assessment (CHNA) 2012-2013 Implementation Strategy 2013-2014

### I. General Information

Contact Person: Jan Nichols, Director of Marketing

Date of Written Plan: September 13, 2013

Date Written Plan Was Adopted by Organization's Authorized Governing Body: September 16, 2013

Date Written Plan Was Required to Be Adopted: September 30, 2013

Authorizing Governing Body that Adopted the Written Plan: West Georgia Medical Center Board of Trustees

Was Written Plan Adopted by Authorized Governing Body by End of Tax Year in Which CHNA was Made Available to the Public? Yes

Date Facility's Prior Written Plan Was Adopted by Organization's Governing Body: Not Applicable

### II. List of Community Health Needs Identified in Written Report

The priorities that were identified in the Community Health Needs Assessment included:

|                            |   |                                 |
|----------------------------|---|---------------------------------|
| Access to Care - Providers | Young Children (-0-5 years of age)          | Access to Care – Transportation |
| Obesity                    | Diabetes                                    | Alcohol and Drug Abuse          |
| Cancer                     | Respiratory Disease                         | Sexual Abuse                    |
| Heart Disease and Stroke   | Teen Lifestyle – alcohol, tobacco and drugs | Sexually Transmitted Diseases   |
| Teen Pregnancy             | Mental Health                               |                                 |

### III. Health Needs Planned to Be Addressed By Facility

As a result of the prioritization and implementation planning process, the hospital is implementing a number of interventions to address the highest priority needs identified in the Community Health Needs Assessment. The goals and objectives identified to address community needs are organized into three key areas:

1. Access (including providers and transportation)
2. Chronic Diseases (including obesity, cancer, heart disease and stroke, diabetes and respiratory disease)
3. Healthy Youth (including teen pregnancy, young children, teen lifestyle, sexual abuse and sexually transmitted diseases)

### IV. Health Needs Not to Be Addressed By Facility

There are two need areas that the hospital will not address including mental health and drug and alcohol abuse. At this time the hospital does not have quantitative data to address these needs directly, and they are beyond the mission and financial resources of the hospital.





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### **Goal 1: Decrease inappropriate ER utilization and admissions by improving access to prevention, primary care and chronic disease management in underserved areas**

#### **Background and Rationale:**

Access to care was the top priority identified through the CHNA. For the period 2006-2010, Troup County (21 percent) had a higher percentage of people living in poverty than Georgia (17 percent) and the U.S. (14 percent).

Over the next year, the hospital will evaluate the cost/benefit of operating a mobile health clinic, and implement the program if it is deemed feasible. The hospital has been and will continue its recruitment efforts for physicians and mid-level practitioners who will serve the uninsured and underinsured population of the community. The hospital has been and will continue its recruitment efforts for specialty providers.

The hospital will continue to provide care to uninsured and underinsured members of the community qualifying for such assistance through the Troup Cares medical clinic. Troup Cares exists to identify opportunities, seek solutions, and organize community resources to improve access to health services resulting in a healthier and more economically viable Troup County. Troup Cares operates a physician clinic and provides support to working individuals and their families who are uninsured or underinsured. Community members were not aware of available health care resources, particularly for the uninsured, low income, chronic disease and minority populations.

Community members reported a need for more specialized providers in the community. (see CHNA pages 71-81). During the community focus group meetings and key stakeholder interviews, it became apparent there is a need for a centralized community resources directory.

The hospital will collaborate with other community service providers to develop such a directory that can be distributed throughout the community, with special emphasis on reaching the low-income, uninsured, minority and chronic disease populations. The resource directory will also be posted on various community organizations' websites for easy access by the public.





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# Goal 1: Access

| Objective A:   | Action Steps  | Accountability                                | Timeframe   | Impact will be measured and evaluated through these indicators: |
|--|---|---|---|---|
| Implement a mobile health clinic   | Investigate cost benefit and feasibility of implementing mobile health clinic and determine roll out schedule if feasible | Mobile Van Coordinator                        | By Dec. 31, 2013                                      | Feasibility study and decision made by Dec. 31, 2013            |
|  | Identify departments and physician practices to participate in mobile clinic  | Mobile Van Coordinator                        | By Dec. 31, 2013                                      | If implemented, outcomes measures will include:                 |
|  | Obtain commitments to participate in mobile clinic  | Mobile Van Coordinator                        | by March 31, 2014                                     | # of people screened for financial eligibility                  |
|  | Determine implementation budget   | Mobile Van Coordinator                        | By April 30, 2014                                     | # people connected to financial resources/insurance             |
|  | Identify locations  | Mobile Van Coordinator                        | By April 30, 2014                                     | # patients seen   |
|  |   |   |   | # visits to practice  |
|  | If deemed feasible, advertise mobile clinic "kickoff" events  | Mobile Van Coordinator and Marketing Director | One month prior to launch no later than July 31, 2014 | # people participating in the screenings                        |
|  | Launch mobile clinics if deemed feasible  | Mobile Van Coordinator                        | By July 31, 2014                                      | # appointments made from screenings                             |
|  |   |   |   | # immunizations given   |
|  |   |   |   | # referrals to specialists                                      |
|  |   |   |   | # shared appointments for chronic disease management            |
|  |   |   |   | # screening tests conducted                                     |
|  |   |   |   | # patients who attend chronic disease programs                  |
|  |   |   |   | # inpatient admissions/readmissions                             |
| Objective B:   | Action Steps  | Accountability                                | Timeframe   | Impact will be measured and evaluated through these indicators: |
| Recruit primary care and specialty physicians and selected mid-level practitioners | Recruit 3 primary care physicians   | Physician Recruiter                           | By Oct. 31, 2014                                      | # physicians recruited and placed                               |
|  | Recruit 1 pediatrician  | Physician Recruiter                           | By Oct. 31, 2014                                      | # mid-level practitioners recruited and placed                  |
|  | Recruit 1 surgical physician assistant  | Physician Recruiter                           | By April 30, 2014                                     |   |
|  | Recruit 1 dermatologist   | Physician Recruiter                           | By Sept. 30, 2014                                     |   |
|  | Recruit 1 endocrinologist   | Physician Recruiter                           | By Sept. 30, 2014                                     |   |
|  | Recruit 2 pulmonary critical care specialists   | Physician Recruiter                           | By Sept. 30, 2014                                     |   |
|  | Recruit 1 Radiation oncologist  | Physician Recruiter                           | By Sept. 30, 2014                                     |   |
|  | Recruit 1 primary care physician  | Physician Recruiter                           | By Sept. 30, 2015                                     |   |
|  | Recruit 1 otolaryngologist  | Physician Recruiter                           | By Sept. 30, 2015                                     |   |
|  | Recruit 1 urologist   | Physician Recruiter                           | By Sept. 30, 2015                                     |   |
|  | Recruit 1 rheumatologist  | Physician Recruiter                           | By Sept. 30, 2015                                     |   |





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**Goal 1: Access**

| <b>Objective C:</b>   | <b>Action Steps</b>  | <b>Accountability</b>                          | <b>Timeframe</b>          | <b>Impact will be measured and evaluated through these indicators:</b> |
|---|--|--|---------------------------|--|
| Continue to identify and develop appropriate levels of care for uninsured persons | Continue to offer uncompensated care for needy individuals   | Patient Financial Services Director            | ongoing                   | \$ cost associated with uncompensated care                             |
|   | Continue to support and refer to Troup Cares medical clinic  | Social Services Director                       | ongoing                   | # persons served through Troup Cares                                   |
|   | Continue to improve Emergency Department triage services to ensure appropriate levels of care  | Emergency Services Director                    | ongoing                   | # persons screened for financial assistance                            |
|   |  |  |                           | # of persons connected to financial resources/insurance                |
|   |  |  |                           | decrease in ED utilization of ambulatory care sensitive conditions     |
| <b>Objective D:</b>   | <b>Action Steps</b>  | <b>Accountability</b>                          | <b>Timeframe</b>          | <b>Impact will be measured and evaluated through these indicators:</b> |
| Develop centralized community resource directory                                  | Contract with community researcher to identify comprehensive resources, contact information and services provided  | Marketing Director                             | Begin research April 2014 | Community directory published by Fall 2014 (Q1, 2015)                  |
|   | Publish Community Resource guide to be widely distributed throughout Troup County and to service providers   | Marketing Director                             | Publish by Dec. 31, 2014  | # guides distributed   |
|   | Create Community Resource tab on the West Georgia Health website   | Marketing Director                             | Publish by Jan. 2015      | # of hits to Community Resource tab on wghealth.org                    |
|   | Seek agreements from service providers and other community organizations to provide links from their respective websites to the Community Resource section of wghealth.org | Marketing Director/Public Relations Specialist | Publish by Jan. 2015      |  |





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# Goal 2: Chronic Disease

### **Goal 2: Reduce incidence and prevalence of chronic diseases and improve chronic disease management of obesity, heart disease, cancer, stroke and diabetes**

#### **Background and Rationale:**

Chronic Diseases, in particular Obesity, Cancer, Heart Disease and Stroke, and Respiratory ailments were identified as high priorities in the CHNA. The prevalence of adult obesity (27.3 percent) in Health District 4-0 was about equal to the State rate (27.6 percent), however, below the National rate (33.8 percent). The Healthy People 2020 goal is set at 30.6 percent. Troup County had a higher prevalence of obesity (31 percent) compared to the Health District. (see CHNA pages 44-49).

The hospital and community believe obesity contributes to other health issues such as heart disease, stroke, and diabetes and for this reason rated obesity as a priority health need. In Troup County, the overall cancer death rate was higher than Georgia or the U.S. rates. Both lung cancer incidence rates and death rates were higher than Georgia or U.S. rates. Both male and female colon and rectum cancer incidence rates were higher in Troup County than in the State or U.S. Colon and rectum cancer death rates were higher than the U.S. rates and slightly lower than the State rate. The breast cancer incidence rate in Troup County was slightly higher than that of Georgia or the U.S. The female breast cancer death rate in Troup County was slightly higher than the Georgia and the U.S. rate. Troup County had lower incidence rates for prostate cancer than the State, but higher than the U.S. Troup County had slightly higher death rates for prostate cancer than that of Georgia or the U.S. Modifiable risk factors for cancer include tobacco smoke, poor diet, infections, physical inactivity, obesity, heavy alcohol use, stress, occupational hazards, environmental pollution, sunlight and radiation. (see CHNA pages 24-32).

Heart disease was the second leading cause of death and stroke was the third leading cause of death of Troup County residents for the years 2006-2010. The Troup County heart disease death rate was higher than the Georgia rate. Troup County had a higher stroke death rate than the U.S. and Georgia. Modifiable risk factors include tobacco smoke, high blood cholesterol, high blood pressure, physical inactivity, overweight and obesity, poor nutrition, diabetes, stress, alcohol use and illegal drug use (see CHNA pages 33-36). The diabetes incidence rate in Troup County (12.2 percent) was higher than the health district rate (11.4 percent), higher than the State rate (9.5 percent) and higher than the U.S. rate (8.1 percent). (see CHNA pages 42-43).

The hospital will continue to offer a number of community education, screening and disease management programs and continue to enhance those programs to focus on prevention and health and better manage patients over time. Employee wellness initiatives both through the health system and extended into the community through Wellness at Work initiatives are designed to address obesity and other risk factors associated with chronic diseases.





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| <b>Objective A:</b>   | <b>Action Steps</b>   | <b>Accountability</b>                        | <b>Timeframe</b>                       | <b>Impact will be measured and evaluated through these indicators:</b>                                 |
|---|---|--|--|--|
| Increase employee engagement in Vitality (Employee Wellness) Program at West Georgia Health   | Offer annual biometrics screening to employees and spouses covered by WGH insurance plan  | Benefits Manager                             | Ongoing                                | #participants completing biometrics screenings   |
|   | Implement ideas generated through Wellness Champs program   | Benefits Manager                             | Ongoing                                | # participants achieving Gold Status in Vitality program by Dec. 31, 2014.                             |
|   | Implement quarterly Lunch and Learn wellness programs   | Benefits Manager                             | Begin January 2014 - then ongoing      | # pounds lost in employee weight loss challenge  |
|   | Encourage/expand participation in quarterly employee weight loss challenges   | Employee Health/Workers Comp Manager         | Ongoing                                | # employees participating in onsite fitness activities (walking clubs, exercise classes, fitness room) |
|   | Encourage/expand selections of Living Lean menu items in the WGH cafeteria  | Food/Nutrition Services Manager              | Ongoing                                | total discounted dollars from living lean menu items sold  |
| <b>Objective B:</b>   | <b>Action Steps</b>   | <b>Accountability</b>                        | <b>Timeframe</b>                       | <b>Impact will be measured and evaluated through these indicators:</b>                                 |
| Implement community-wide Wellness at Work Initiative in collaboration with LaGrange-Troup County Chamber of Commerce, Troup Co. Center for Strategic Planning & Public Health | Present plan to respective governing boards for approval and determine budget and funding sources                                 | Healthy Troup Committee members              | Complete by Dec. 2013                  | plan presented by target date  |
|   | If plan is determined feasible, adopted and approved for funding, create HealthyTroup.org website with database capabilities      | WGH Marketing Director                       | Complete by Dec. 2013                  | funding commitments received from designated community partners  |
|   | Develop survey for participating businesses, seeking input from HR leaders at local large businesses/industries                   | Healthy Troup Committee members              | Complete by Dec. 2013                  | # employers participating  |
|   | Develop program parameters to determine point system for year-long recognition program  | Healthy Troup Committee members              | Complete by January 2014               | # employees participating  |
|   | Launch program at a LaGrange-Troup County Chamber meeting in early 2014 (contingent on securing partnership funding)              | Chamber of Commerce Director                 | Complete by March, 2014                | # employers with smoke free campuses   |
|   | If plan is determined feasible, adopted and approved for funding, market and promote program and associated sanctioned activities | WGH Marketing Director and committee members | Begin by March 31, 2014 - then ongoing |  |





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**Goal 2: Chronic Disease**

| <b>Objective C:</b>                         | <b>Action Steps</b>  | <b>Accountability</b>                                 | <b>Timeframe</b>            | <b>Impact will be measured and evaluated through these indicators:</b> |
|---|--|---|-----------------------------|--|
| Decrease late stage breast cancer diagnosis | Continue to offer the Paint the Town Pink event  | Director of Oncology Services & Cancer Care Navigator | Late September of each year | # participants   |
|   | Partner with West Central Georgia Cancer Coalition to provide clinical breast exams at Paint the Town Pink and other appropriate events and provide vouchers for uninsured and low income women to receive screening mammograms at the WGH Women's Health Center | Director of Oncology Services & Cancer Care Navigator | Ongoing                     | # people receiving a screening   |
|   |  |   |                             | # of women scheduled for mammograms                                    |
|   | Continue to partner with HOPE for a Day Walk organization to raise money and awareness   | Director of Oncology Services & Cancer Care Navigator | Late September of each year | # people walking   |
|   |  |   |                             | # dollars raised   |
|   |  |   |                             | # of vouchers given  |
|   | Evaluate Breast Cancer Risk Assessment products and seek funding options for implementation  | Marketing Director and Director of Oncology Services  | By Jan. 31, 2014            |  |
| <b>Objective D:</b>                         | <b>Action Steps</b>  | <b>Accountability</b>                                 | <b>Timeframe</b>            | <b>Impact will be measured and evaluated through these indicators:</b> |
| Decrease late stage lung cancer diagnosis   | Secure physician champion to implement lung CT screening program with new physicians   | Director of Oncology Services                         | Achieve by September 2015   | # pulmonologist(s) recruited to practice at West Georgia Health        |
|   | Offer smoking cessation classes  | Pulmonary Medicine Director                           | ongoing                     | # physicians/offices participating in program                          |
|   |  |   |                             | # people receiving a screening   |
|   |  |   |                             | # people referred for follow up  |
|   |  |   |                             | # people diagnosed with cancer stage 0, 1 or 2 versus 3 and 4          |
|   |  |   |                             | # people participating in smoking cessation classes                    |
|   |  |   |                             | # smoking cessation class participants who quit                        |





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| <b>Objective E:</b>                           | <b>Action Steps</b>  | <b>Accountability</b>  | <b>Timeframe</b>       | <b>Impact will be measured and evaluated through these indicators:</b> |
|---|--|--|------------------------|--|
| Decrease late stage colon cancer diagnosis    | Work with primary care physicians to establish screening initiative                        | Director of Oncology Services and WG Physicians Operations Manager | Set by March 2014      | local primary care physician(s) recruited to participate in program    |
|   |  |  |                        | # people referred for follow up  |
|   | Expand the Scope it Out awareness and screening program                                    | Marketing Director and Oncology Services Director                  | March of each year     | # people diagnosed with cancer stage 0, 1 or 2 versus 3 and 4          |
|   |  |  |                        | # people participating in screening                                    |
|   |  |  |                        | # people referred for follow up  |
|   | Evaluate Colon Cancer Risk Assessment products and seek funding options for implementation | Marketing Director   | By Jan. 31, 2014       |  |
|   |  |  |                        |  |
| <b>Objective F:</b>                           | <b>Action Steps</b>  | <b>Accountability</b>  | <b>Timeframe</b>       | <b>Impact will be measured and evaluated through these indicators:</b> |
| Decrease late stage prostate cancer diagnosis | Work with Superstar Football camp organizers to redesign program                           | Marketing Director and Oncology Services Director                  | Redesign by June 2014  | program redesigned   |
|   | Continue to offer low-cost screening program every September                               | Oncology Services Director   | September of each year | # people receiving a screening   |
|   |  |  |                        | # people referred for follow up  |
|   |  |  |                        | # people diagnosed with cancer stage 0, 1 or 2 versus 3 and 4          |







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**Goal 2: Chronic Disease**

| <b>Objective G:</b>  | <b>Action Steps</b>  | <b>Accountability</b>                              | <b>Timeframe</b>                                 | <b>Impact will be measured and evaluated through these indicators:</b> |
|--|--|--|--|--|
| Continue to offer and/or participate in community & business health fairs and other screening events | Living Well health fair at LaGrange Mall   | WGH Public Relations Specialist                    | annual - Spring each year                        | # events   |
|  | Troup Family Expo  | WGH Public Relations Specialist                    | annual - Spring each year                        | # people who were screened   |
|  | Bringing the Ages Together health event  | WGH Public Relations Specialist                    | annual -- Aug/Sept each year                     | # people referred for follow up after screenings                       |
|  | Superstar Football Camp  | Marketing Director/WGH Public Relations Specialist | annual -- currently in June but may change dates |  |
|  | Kia Manufacturing Plant  | WGH Public Relations Specialist/WGH Worx Director  | semi-annually                                    |  |
|  | WalMart Distribution Center  | WGH Public Relations Specialist/WGH Worx Director  | annual   |  |
|  | Mobis Health Fair  | WGH Public Relations Specialist/WGH Worx Director  | annual   |  |
| <b>Objective H:</b>  | <b>Action Steps</b>  | <b>Accountability</b>                              | <b>Timeframe</b>                                 | <b>Impact will be measured and evaluated through these indicators:</b> |
| Improve diabetes management through education, nutrition and support services                        | Promote participation and physician referrals for Diabetes Self-Management program                                   | WGH Food/Nutrition Services Director               | Ongoing  | # participants in DMST program   |
|  | Promote participation in monthly Diabetes Support Group meetings   | WGH Food/Nutrition Services Director               | Ongoing  | # participants in Diabetes Support Group                               |
|  |  |  |  | # of participants at community and worksite health fairs               |
|  |  |  |  | decrease in blood glucose levels of DMST program participants          |
|  | If WGH Mobile Van Clinics are deemed feasible, offer educational sessions in conjunction with WGH Mobile Van clinics | WGH Food/Nutrition Services Director               | Beginning in July 2014 then ongoing              |  |
|  | Evaluate Diabetes Risk Assessment products and seek funding options for implementation.                              | Marketing Director                                 | By Jan. 31, 2014                                 |  |





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| <b>Objective I:</b>  | <b>Action Steps</b>   | <b>Accountability</b>   | <b>Timeframe</b> | <b>Impact will be measured and evaluated through these indicators:</b>  |
|--|---|---|------------------|---|
| Improve management of Congestive Heart Failure through Project Red | Standardize inpatient teaching materials and post discharge care plan for CHF patients to address medications, diet, activities, restrictions, follow up care, etc. to ensure | RN, QI Coordinator  | Ongoing          | Decrease in CHF readmissions  |
|  | Identify barriers to follow up care and make appropriate referrals  | Case Manager  | Ongoing          | Improve # of patients keeping follow-up appointments within 10 days post discharge<br># people referred for follow up |
| <b>Objective J:</b>  | <b>Action Steps</b>   | <b>Accountability</b>   | <b>Timeframe</b> | <b>Impact will be measured and evaluated through these indicators:</b>  |
| Increase stroke awareness  | Promote awareness of signs and symptoms of stroke via health fairs, screenings and advertising  | RN, QI Coordinator/Marketing Director/Public Relations Specialist | Ongoing          | # of events   |
|  |   |   |                  | # people receiving a screening  |
|  |   |   |                  | # people referred for follow up   |
|  | Evaluate Stroke Risk Assessment products and seek funding options for implementation.   | Marketing Director  | By Jan. 31, 2014 |   |





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**Goal 2: Chronic Disease**

| <b>Objective K:</b>  | <b>Action Steps</b>   | <b>Accountability</b>  | <b>Timeframe</b>        | <b>Impact will be measured and evaluated through these indicators:</b>     |
|--|---|--|-------------------------|--|
| Reduce time from Acute Myocardial Infarction symptom onset to hospital presentation. | Promote awareness of signs and symptoms of AMI via health fairs, screenings, advertising, and the annual Heart Truth for Women Luncheon   | Cardiovascular Medicine Director, CV Development RN, Marketing Director, Public Relations Specialist     | ongoing                 | # minutes from symptom onset to hospital presentation                      |
|  | Provide quarterly education sessions for regional EMS providers   | Cardiovascular Medicine Director, CV Development RN, Emergency Department Director                       | ongoing                 |  |
|  | Offer discounted screening package to include coronary calcium screening, lipid panel, cardiac health risk assessment, EKG rhythm and ultrasound screen   | Cardiovascular Medicine Director, CV Development RN, Radiology Department Director, Radiology Chief Tech | Offer by April 30, 2014 | # screening participants<br># positives identified via the screening       |
|  | Evaluate Heart Risk Assessment products and seek funding options for implementation.  | Marketing Director and Director of Cardiovascular Services   | By Jan. 31, 2014        |  |
| <b>Objective L:</b>  | <b>Action Steps</b>   | <b>Accountability</b>  | <b>Timeframe</b>        | <b>Impact will be measured and evaluated through these indicators:</b>     |
| Improve management of COPD patients  | Multidisciplinary committee currently meeting to address readmissions   | Pulmonary Medicine Director  | ongoing                 | Decrease in COPD readmissions  |
|  | Standardize inpatient teaching materials and post discharge care plan for COPD patients to address medications, diet, activities, restrictions, follow up care, etc. to ensure constant, consistent messaging | Pulmonary Medicine Director  | ongoing                 | Review proposed materials January 2014<br>Finalize materials by April 2014 |
|  | Meet with COPD inpatients to screen for pulmonary rehabilitation participation  | Pulmonary Medicine Director  | ongoing                 | Increase # patients participating in Pulmonary Rehabilitation.             |





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# Goal 3: Healthy Youth

### Goal 3: Improve the health status of Troup County youth by targeting risk behaviors

#### Background and Rationale:

The teen birth rate in Troup County (69.3 per 1,000 females) was higher than both Georgia (49.7 per 1,000 females) and the U.S (34.3 per 1,000 females). The Black teen birth rate (96.6 per 1,000 females) was significantly higher than the White teen birth rate (51.7 per 1,000 females) in Troup County.

The young children population (0-5 years of age) is a very vulnerable population group with health needs that may be difficult to detect. The problem may be due in part to poor parenting and/or lack of parental education and teen pregnancy. The death rate due to fetal and infant conditions in Troup County (443.2 per 100,000 populations) was higher than the Georgia rate (381.7 per 100,000 populations). Black infant death rates were higher than White rates in both Troup County and Georgia.

Overall, rates of low birth weight were slightly higher in Troup County compared to the State. Low birth weight rates were significantly higher among Black babies. The percent of births to females with less than a twelfth-grade education was slightly lower (22.5 percent) among Troup County residents than Georgia residents at (23.1 percent). The Black percentage of births to mothers with less than a twelfth-grade education in Troup County (25.4 percent) was higher than the White percentage (20 percent). (see CHNA pages 50-58).

There is a lack of education in the community surrounding sexually transmitted diseases. The chlamydia rates in Troup County (541.4 per 100,000) were higher than the State rate (461.2 per 100,000). The gonorrhea rate in Troup County (146 per 100,000) was lower than the State rate (161.7 per 100,000) and higher than the U.S. rate (100.8 per 100,000). In 2010, Troup County nearly doubled the amount of syphilis cases (5 cases or 7.5 per 100,000 population). Troup County had a slightly lower HIV hospital discharge rate (31.9 per 100,000) than Georgia (35.8 per 100,000). (see CHNA pages 65-70).

Teen lifestyle choices are detrimental to health. Comparing self-reported statistics for Georgia teen behaviors to the U.S. statistics, it appears that:





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- Georgia teens report binge drinking at rates lower than the U.S. rates.
- Georgia teens report drinking and driving at rates lower than the U.S. rates.
- Georgia teens report cigarette smoking at rates lower than the U.S. rates.
- Georgia teens report drug usage at rates lower than the U.S. rates.

Although the above statistics are favorable for Georgia teens, the community members and hospital steering committee believed that teen lifestyle choices should be a priority item. Since the data was self-reported by the teens, there is a tendency for understatement of the actual measures. In addition, since no local data was available for this report, community comments provided a clear indication of unfavorable teen behaviors being a problem in Troup County. There was also no data directly associated with sexual abuse included in the report. However, the community members expressed that they believed that teen behavioral issues were related to sexual abuse. (see CHNA pages 59-62).

West Georgia Health's staff will collaborate with school officials, public health, and other community groups in identifying and implementing evidence-based programs to help teens.

Programs already in place, such as Teen Maze, First Steps, Boys & Girls Club, and Circles of Troup County will be evaluated for effectiveness and for potential changes.

The hospital will explore working with the Boys & Girls' Club, Boy Scouts & Girl Scouts, and other youth organizations to offer teen and pre-teen pregnancy prevention education. West Georgia Health will sponsor a free education class for ages 9-12 years to discuss pre-puberty and sex education.





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| <b>Objective A:</b>  | <b>Action Steps</b>   | <b>Accountability</b>                                       | <b>Timeframe</b>  | <b>Impact will be measured and evaluated through these indicators:</b> |
|--|---|---|---|--|
| Ensure healthy teen births and decrease rebirths           | Offer teen pregnancy classes to include education on prenatal care, newborn care, labor techniques and birth control following pregnancy. | Director of Women's Services/Labor & Delivery Nurse Manager | Ongoing   | # people attending   |
|  | Develop relationships with middle/high school nurses and counselors to increase participation in these classes.                           | Director of Women's Services/Labor & Delivery Nurse Manager |   | increased understanding of how to and how not to get pregnant          |
|  | Market class to promote participation   | Marketing Director/Public Relations Specialist              | Prior to each event   | increased understanding of birth control options                       |
|  |   |   |   | increased understanding of newborn care                                |
|  |   |   |   | intent to change risk behaviors  |
| <b>Objective B:</b>  | <b>Action Steps</b>   | <b>Accountability</b>                                       | <b>Timeframe</b>  | <b>Impact will be measured and evaluated through these indicators:</b> |
| Increase awareness of teen-health related needs and issues | Identify evidenced-based curriculum to use for pre-puberty education program  | Director of Women's Services/Labor & Delivery Nurse Manager | Identify by Dec. 31. 2013                                     | # adults and children attending  |
|  | Recruit physicians, Physician Assistants and Nurse Practitioners to present   | Director of Women's Services/Labor & Delivery Nurse Manager | Recruit by March 31, 2014                                     | increase parent knowledge regarding how to talk to kids                |
|  | Secure locations and dates to offer pre-puberty education programs twice annually   | Director of Women's Services/Labor & Delivery Nurse Manager | To begin between March - May 2014 and continuing semiannually | increased understanding of body changes (teens)                        |
|  | Market class to promote participation   | Marketing Director/Public Relations Specialist              | Prior to each event   | increased knowledge of sexually transmitted diseases (teens)           |





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| <b>Objective C:</b>                                   | <b>Action Steps</b>  | <b>Accountability</b>                          | <b>Timeframe</b>  | <b>Impact will be measured and evaluated through these indicators:</b>  |
|---|--|--|---|---|
| Decrease youth risk behaviors                         | Continue participation in Teen Maze Program (Troup County Health Dept.) to discourage risky behaviors and encourage smart decision making.               | Marketing Director/Public Relations Specialist | Annually each fall                                      | # participants, increased knowledge of the consequence of risk behaviors, intent to change risk behaviors<br>decrease in teen pregnancy rates |
|   | Continue participation in Boys & Girls Club evidence-based programs that encourage smart decision-making, respecting their body, and raising self esteem | Marketing Director/Public Relations Specialist | Ongoing with new programs coming on board in March 2014 | decrease in sexually transmitted diseases<br>Pre- and post-tests of Boys and Girls Club programs  |
| <b>Objective D:</b>                                   | <b>Action Steps</b>  | <b>Accountability</b>                          | <b>Timeframe</b>  | <b>Impact will be measured and evaluated through these indicators:</b>  |
| Ensure healthy starts for babies born in Troup County | Continue First Steps' Period of Purple Crying program  | First Steps Program Coordinator                | Ongoing   | # parents screened<br>increase parent knowledge of baby management strategies<br>Decrease incidences of Shaken Baby Syndrome                  |

