



Implementation Strategy to Address Significant Community Health Needs

Central Carolina Hospital

Lee County, North Carolina

Paper copies of this document may be obtained at Central Carolina Hospital, 1135 Carthage Street, Sanford, NC 27330 or by phone 919-774-2100. This document is also available electronically via the hospital website centralcarolinahosp.com

CENTRAL CAROLINA
HOSPITAL

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Overview

The Community Health Needs Assessment (CHNA) defines priorities for health improvement, creates a collaborative community environment to engage stakeholders, and an open and transparent process to listen and truly understand the health needs of the community served by Central Carolina Hospital (Lee County, NC). This document is the Central Carolina Hospital (CCH) Implementation Plan outlining how the hospital plans on addressing significant health needs in the community.

The CHNA is contained in a separate document.

Central Carolina Hospital's Board of Directors approved and adopted this Implementation Strategy on October 27, 2019

Starting on November 1, 2019, this report is made widely available to the community via Central Carolina Hospital's website, CentralCarolinaHosp.com, and paper copies are available free of charge at Central Carolina Hospital.



Community Health Improvement and Implementation Plan

To successfully make our community healthier, it is necessary to have a collaborative venture which brings together all of the care providers, citizens, government, schools, churches, not-for-profit organizations and business and industry around an effective plan of action. The community health needs assessment was completed previously and posted on CCH's website.

Based on the results of the CHNA, CCH has selected three of the identified significant health needs to address.

1. Obesity & Related Chronic Disease
2. Tobacco Use/Substance Use
3. Teen Pregnancy

CCH plans to meet the significant health need by:

Obesity/Chronic Disease

1. The actions the hospital intends to take to address the Obesity and Chronic Disease include:
 - a. Nutrition Education and Prevention-Central Carolina Hospital will utilize our Community Wellness Educator to hold and participate in numerous health fairs and free screenings. Central Carolina Hospital's Dietician is to begin Diabetes nutrition classes as well as one on one education of recently diagnosed Diabetes patients to help educate them on the management of their disease. Central Carolina Hospital has 2 Free Lipid and Glucose Screenings per year to the community. Central Carolina holds a Healthy Fairs for Diabetes and Heart Health annually.
 - b. Fitness Education - Central Carolina Hospital sponsors the YMCA "We Build People" campaign supports The Energize Program for at risk children for obesity, Live Strong for cancer survivors and the after school program that promotes physical activity. The community wellness educator participates in health fairs at industries and schools to help educate communities on importance of fitness.
 - c. Stroke, Heart Failure and Chest Pain Initiatives
 - Education regarding signs and symptoms of stroke by distributing the "stroke magnets" when go out to speak and/or hold a health fair
 - We have brochures on display at the Enrichment Center regarding Heart Failure and Chest Pain signs and symptoms
 - Our patients in the hospital receive patient education materials when admitted on Heart Failure "Living Well with Heart Failure" packet (Heart Failure magnet and weight documentation sheet enclosed); Chest Pain "Living Well with Heart Disease" booklet; and Stroke "A Stroke Education Guide for Patients and Families" which includes information regarding stroke support group.
 - Our EMS Team goes out and help to educate community by giving CPR hands only demonstrations.
 - Supplying educational materials to church groups, etc. when they are holding an educational in-service at their church, etc.
2. The anticipated impact of these actions is to raise awareness and accessibility of nutrition and fitness to lower obesity and chronic disease rates of the target population by 5%.
3. Central Carolina Hospital will continue to provide the Community Wellness Educator, Dietician, and Center of Excellence positions and programs that bring resources and education to our community.
4. Central Carolina Hospital is part of the Health Task Force with the Lee County Health Department, YMCA, Cooperative Extension, School System, and other community partners.

Teen Pregnancy

1. The actions the hospital intends to take to address Teen Pregnancy include:
 - a. Supporting and Sponsoring programs provided by local non-profits: including Coalition for Families and the Boys and Girls Club.
 - b. Referring Teen mom's that give birth at Central Carolina Hospital to the county's Family Planning Program.
 - c. Referring patients to the health department for access to screenings and birth control.
2. The anticipated impact of these actions is to reduce teen pregnancy conjunction with the Health Department's action plan by 36%.
3. The hospital will support programs and give resources annually to organizations such as the Coalition for Families and the Boys and Girls Clubs that offer programs like Adolescent Parenting Program and Making Proud Choices to help student intervention.
4. Central Carolina Hospital will continue to collaborate with Coalition for families, Boys and Girls Club and LeeCan Community Partnership to aid in intervention.

Mental Health and Substance Abuse/Tobacco Use

1. Central Carolina Hospital will continue to work with local law enforcement to evaluate training procedures in regards to crisis intervention, referral procedures, and incidence of response to crisis with the community. The hospital provides data regarding the incidence of emergency room visits for mental health crisis delivered by law enforcement. Provide health education and promotion of local mental health services in order to raise awareness and promote proper access of services within the community.
2. The anticipated impact of these actions is to develop effective and efficient procedural and referral protocols as well as increase utilization of mental health services with the community that will impact 5% percent of the population.
3. Central Carolina Hospital has added additional licensed clinical social worker support to help assist with these efforts, and to ensure that patients presenting to Central Carolina Hospital are provided needed resources.
4. Central Carolina Hospital plans to continue to be a part of the Mental Health Partners Task Force, Project Lazarus, and the CIT that teaches law enforcement how to recognize and de-escalate situations involving mental health and substance abuse patients.
5. Central Carolina Hospital is a Tobacco Free Facility. We offer smoking cessation resources to all of our patients. We provide resources to the community upon request, and through our attendance at community wellness fairs and employer sponsored screenings.

Community input was received into the 2019 implementation plan during a community meeting on November 6, 2019 at 12:00pm. Additionally, there is a link on the CCH's website for the community to provide written input into the CHNA and implementation plan.