

Implementation Plan Health and Wellness Initiatives of Laird Hospital, Inc.

In order to carry out the health and wellness initiatives identified by Laird Hospital, the Community Needs Steering Committee will meet quarterly to assess the progress and continuing plan of implementation and will work with community partners in the following areas:

PRIORITY: Lifestyle Improvement

Objective – Our goal is to focus on nutrition and exercise to help prevent co morbid diseases as well as provide education on health coverage to improve access to healthcare.

Strategy -

- Laird partnered with the Newton County Health Department to participate in the Union Public School systems Health Fair with emphasis on nutrition/exercise/bike and ATV safety. This is planned for the spring of 2020 and 2021.
- Will partner with the ACO, Rural Solutions, to encourage annual wellness visits. We will work on having a separate sitting area for patient's coming for Wellness visits as opposed to a sick visit. We will investigate having one provider in each clinic that would perform the wellness visit, thereby decreasing the length of waiting time. This would impact all age groups with an emphasis on the senior population.
- Will work toward an exercise class with emphasis on weight loss, possibly at the community center for town involvement. Will also work to get one of our local physicians on board to be involved with this.

PRIORITY: Cancer Awareness

Objective – Our goal is to educate the community on early detection and the importance of follow up.

Strategy –

- Plan for quarterly emphasis on cancer awareness, education, and early detection in partnership with some of the local churches and/or civic clubs with physician participation.

PRIORTIY: Focus on Accident Prevention

Objective – Our goal is to educate and prevent accidental deaths.

Strategy -

- Partner with the Mississippi Highway Patrol, Newton County Health Department and EMS for emphasis on Motor Vehicle safety awareness. MVA's are the leading cause of death in Newton County. The plan is to educate our community members on child car seat safety, seat belt safety, driving while impaired, and motor cycle safety. Request the use of Union/Newton County public schools parking lot to demonstrate safety.
- All hospital patients receive education regarding fall prevention.