

## **The Specialty Hospital of Meridian CHNA Plan of Action**

The Specialty Hospital of Meridian, located in the rural South, has been dedicated to care for patients with complex acute and chronic needs. The Specialty Hospital of Meridian has completed a community health needs assessment which identified key health needs in our community. At the heart of our efforts and work is the facility's mission: Restoring Quality to Life. As you will read in this report, over the next three years our implementation plan/strategy takes many forms, involves numerous partners and serves a variety of populations. The focus area for our CHNA interventions will be Lauderdale County. Lauderdale County is the residential area for the majority of the inpatient admissions and its data is also reflective of the state of Mississippi. The Steering Committee and Community Focus Group outlined three initiatives for our facility. These initiatives are listed below:

### **Initiative I: Chronic Obstructive Pulmonary Disease**

- Provide education in a geographic area to patients and individuals on lifestyle improvements related to chronic lung conditions and risk factors associated with chronic obstructive pulmonary disease.
- Partner with the Mississippi State Department of Health and others to provide all information regarding Smoking Cessation.
- Partner with our health system, clinicians, and providers to develop/deliver education and information regarding tips on living a healthy lifestyle and the risk of smoking.

### **Target Population**

The Specialty Hospital of Meridian targeted the adult population within a 100-mile radius of Meridian in Mississippi and West Alabama who could benefit from health promoting information. The information was geared toward chronic and co-morbid conditions and patients suffering from chronic respiratory conditions.

### **Goals**

- To educate the surrounding population and patients about healthy lifestyle choices to promote better health.
- To increase partnerships with organizations and health care workers to continue health education and to improve clinical outcomes.

**Timeframe**

The goals will be initiated and accomplished throughout the three-year span of the CHNA process.

**What are the activities?**

- The following venues will be utilized to complete our initiatives: Health Fairs, Health Education programs, Social Media or other electronic formats, etc.

**Where? (Locations in geographic area)**

- Primarily Lauderdale County and surrounding areas

**Initiative II: Diabetes Management**

- Provide education in a geographic area to patients and individuals on lifestyle improvements related to diabetes management.
- Partner with our health system, clinicians, and providers to develop/deliver education and information regarding tips on living a healthy lifestyle, appropriate diabetes management, and avoiding adverse diabetic complications.
- Offer sponsorship for the Mississippi Diabetes Foundation's annual fundraiser walk in Meridian.

**Target Population**

The Specialty Hospital of Meridian targeted the adult population within a 100-mile radius of Meridian in Mississippi and West Alabama who could benefit from health promoting information. The information was geared toward chronic and co-morbid conditions and patients suffering from diabetes mellitus.

**Goals**

- To educate the surrounding population and patients about healthy lifestyle choices to promote better health.
- To increase partnerships with organizations and health care workers to continue health education and to improve clinical outcomes.
- Collaborate with our Diabetes Educator and Hyperbaric Center to educate their populations.
- Have a focus/highlight during National Diabetes Education Week (November 1<sup>st</sup>-7<sup>th</sup>, 2020)

**Timeframe**

The goals will be initiated and accomplished throughout the three-year span of the CHNA process.

**What are the activities?**

- The following venues will be utilized to complete our initiatives: Health Fairs, Health Education programs, Social Media or other electronic formats, etc.

**Where? (Locations in geographic area)**

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**Initiative III: Heart Disease**

- Provide education in a geographic area to patients and individuals on lifestyle improvements related to chronic heart disease.
- Partner with our health system, clinicians, and providers to develop/deliver education and information regarding tips on living a healthy lifestyle and avoiding adverse complications associated with chronic heart diseases

**Target Population**

The Specialty Hospital of Meridian targeted the adult population within a 100-mile radius of Meridian in Mississippi and West Alabama who could benefit from health promoting information. The information was geared toward chronic and co-morbid conditions and patients suffering from chronic heart disease.

**Goals**

- To educate the surrounding population and patients about healthy lifestyle choices to promote better health.
- To increase partnerships with organizations and health care workers to continue health education and to improve clinical outcomes.

**Timeframe**

The goals will be initiated and accomplished throughout the three-year span of the CHNA process.

**What are the activities?**

- The following venues will be utilized to complete our initiatives: Health Fairs, Health Education programs, Social Media or other electronic formats, etc.

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