

## Implementation Plan Health and Wellness Initiatives of JCSMH

Over the next three years, John C. Stennis Memorial Hospital, in concert with its many community partners, will focus its energy in these areas:

### **PRIORITY: Lifestyle Improvements**

Objective- Address lifestyle related health problems and chronic disease management through education and cultural change.

Strategy-

- Host Weight Watchers at the Cafeteria of Stennis Hospital
- Work with the West Kemper County School System to educate children on diabetes
- Provide Adolescent Diabetes education for The East Kemper County School System

### **PRIORITY: Community Health Education and Awareness**

Objective- Create a systematic approach to improving the health of our service area.

Strategy-

- Screen all patients on admission to JCSMH for Flu and Pneumonia vaccine.
- Conduct Medicaid *EPSDT* (Early Periodic Screening Diagnostic Treatment) screening in the DeKalb and Preston Clinic.
- ***Vaccine for Children***. Work with The State of MS to obtain the vaccines for the DeKalb clinic to administer to the children.
- "Gentle Yoga" by a certified instructor of JCSMH for the community or patients that are physically challenged.

### **PRIORITY: Heart Health Awareness**

Objective- To bring awareness and education to the community by promoting healthy lifestyle choices that impact one's heart.

Strategy-

- In collaboration with ***The Healthier Coalition for Kemper County***, we will continue to provide education on diabetes, heart disease and other educational information on healthy lifestyles.
- Provide FREE Heart Health Info and FREE Cholesterol Screenings along with FREE Blood Pressure Checks to JCSMH employees.
- Deliver Education on Flu, Pneumonia, Diabetes, Heart Disease and Breast Cancer Awareness to the Head Start program in Kemper County.

- Provide Awareness on the ST Elevation Myocardial infarction (STEMI program) to a local civic group at the DeKalb community center.
- Teach CPR to the faculty of West Kemper School.

**Priority: Community Collaboration**

Objective- Enhance the focus and activities of the CHNA Community Focus Group. Utilize this group to continue dialogue.

Strategy-

- Participate with The Smarter Choices Coalition, headed by Weems Mental Health, whose goal is to prevent and reduce substance abuse and poor decisions among adolescent and young adults in Kemper County, Mississippi.
- Participate with the MS Tobacco Free Coalition to educate our citizens, both young and old, on the dangers of tobacco use.
- Work with the Kemper County Sheriff's department to hold a seat belt and no texting "Road Block" to educate the public on vehicular safety.