

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

Over the next three years, Laird Hospital, Inc., in concert with its many community partners will focus its energy in these areas:

PRIORITY: Health Education

Objective – Our goal is to provide education to our patients and the public concerning health services that are available to them through different resources so that they can have a healthier community.

Strategy -

- Provide Diabetic Self Management Training for diabetics free of charge
- Participate in community Health Fairs with emphasis on diet and exercise
- Attend community and church organization meetings and provide information regarding healthy lifestyle choices as well as services available in the local communities.
- Provide education regarding services available to the elderly following joint replacements
- Provide education to families with young children regarding well check clinic visits and other health services available at the rural health clinics

PRIORITY: Focus on Obesity

Objective - Our goal is to provide education to our patients and the public regarding a healthier lifestyle in regards to obesity.

Strategy –

- Though our rural health clinics patients are evaluated during annual wellness visits for obesity. If identified the patient is offered *the Journey to Healthy Living* program.
- Dietitians are available for individual education at the rural health clinics

PRIORITY: Tobacco Use and Disease

Objective – Our goal is to provide education and resources to the community to encourage young people to never start smoking and smokers to quit. The ultimate goal is to have a smoke free community.

Strategy –

- Laird Hospital is a smoke free facility;
- While patients are here they are educated about the health risks associated with smoking
- Patients are provided with resources to help them quit smoking.

- Will continue to work with the area schools during health fairs to educate regarding the ill effects of tobacco use and tobacco cessation through hand outs and literature.
- During wellness visits adolescent patients are counseled and given education regarding tobacco use. All clinic patients >13 years of age are screened for tobacco use.
- We have multiple certified providers doing Blue Cross Blue Shield of MS tobacco cessation.

PRIORITY: Focus on Teen Pregnancy

Objective – Our goal is to provide education, screening, support and direction to other community resources and programs for reduction in teen pregnancy, infant mortality and earlier and improved prenatal care.

Strategy –

- During well child visits providers will utilize adolescent counseling as an opportunity to have open discussions regarding abstinence or protected sexual activity as a teen.
- The Rural Health Clinics participate in the midwifery program.

PRIORITY: Focus on Personal Responsibility for Better Health

Objective – Our goal is to provide education, screening and support to our patients and the community so that they will chose to make lifestyle changes that will result in better health for them and their families.

Strategy –

- Utilizing all of the measures discussed in the previous focuses we will educate and provide support and services to empower individuals to make decisions that will improve their health.

PRIORITY: Focus on Accident Prevention

Objective – Our goal is to provide education and awareness related to accident prevention.

Strategy –

- All hospital patients receive education regarding fall prevention.

