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Three Rivers Hospital

2021 -2023

Three Rivers Hospital

Implementation Action Plan

Humphreys County, Tennessee



Three Rivers Hospital

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Overview

Creating a culture of health in the community

This document contains the implementation plan that accompanies the Community Health Needs Assessment for Humphreys County conducted by Three Rivers Hospital (TRH). Three Rivers Hospital, initiated the Community Health Needs Assessment with the goal of identifying health needs, setting goals, objectives, and priorities. Our continuing goal is to use these findings as a foundation for community mobilization to improve the health of our residents. This implantation action plan will direct our efforts in working to address some of the unmet health needs of our community.

Priority Issues Identified as Impacting Health:

- Substance use disorder
- Healthy eating/active living – obesity
- Access to care
- Mental Health
- Chronic Disease

Based on the input from prioritization of the Community Summit, TRH has selected four (4) prioritized health needs and created goals, and actions. The impact of these goals and actions will be monitored and reported.

Starting May 31, 2021, this report is made widely available to the community via Three Rivers Hospital's website, <https://www.threerivershospital.com>, and paper copies are available free of charge at Three Rivers Hospital, 451 Hwy 13 S, Waverly, TN 37185 or by phone 931-296-4203.



Input and Collaboration

- Twenty community members participated in individual interviews for their perspectives on community health needs and issues November 9-13, 2020 collaborating to implement a comprehensive CHNA process focused on identifying and defining significant health needs, issues, and concerns of Humphreys County. The process centered on gathering and analyzing data as well as receiving input from persons who represented the broad interests of the community to provide direction for the community and hospital to create a plan to improve the health of the community.

While this CHNA was conducted during the Coronavirus pandemic, community input was achieved via telephone interviews. The community members were asked to think more broadly about health and not only consider Covid, which is the current, dominant public health issue. Their answers reflect they considered all health issues.



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Implementation Plan

Prioritized Health Need 1: Healthy Eating/Active Living - Obesity

Goal 1: Increase physical activity in schools

Action 1: Continue work with Coordinated School Health to increase the use of GoNoodle in the classrooms.

Action 2: Encourage schoolwide competition based on specific activities.

Action 3: Partner with Coordinated School Health to conduct health screenings and educational events for parents and students, ie. Family Fitness and Fun night.

Resources/collaborators: Coordinated School Health, physical education teachers, school principals, Health Council

Goal 2: Educate the community on nutrition and healthier food options

Action 1: Work with local restaurants to list their healthier food options

Action 2: Provide community classes to local groups and at community events on healthy food Options *Resources/collaborators: Health Department, UT Extension, Three Rivers Hospital*

Goal 3: Increase participation in Marathon in a Month and Walking Club

Action 1: Send notifications to key people at local businesses and industry to increase participation in walking events

Action 2: Partner with Coordinated School Health to get school groups to increase participation

Action 3: Promote events on social media

Resources/collaborators: Health Council, Coordinated School Health



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Prioritized Health Need 2: Substance Abuse

Goal 1: Educate the community on available resources for assistance with substance abuse

Action 1: Meet with the Hope Center and Safe Harbor to obtain needed information on their program requirements, costs, and availability by September 2021

Action 2: Research other programs available in Tennessee

Action 3: Develop brochure with information on programs, drug hotlines, drug return programs, and other available resources.

Action 4: Use brochures to educate the community on available resources at local health fairs and other community events.

Action 5: Support/Promote Humphreys County Drug Alliance program Count It, Lock It, Drop It.
Resources/collaborators: Hope Center Ministries, Safe Harbor of Erin, Three Rivers Hospital, Health Department, Humphreys County Drug Alliance

Goal 2: Provide education to TRH patients on substance abuse programs and resources

Action 1: Add resource brochure to TRH inpatient folders.

Action 2: Make brochures available in TRH emergency department patients and visitors.

Resources/collaborators: Three Rivers Hospital, Humphreys County Drug Alliance



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Significant Health Need 3: Access

Goal 1: Improve access to affordable healthcare, and medication for disease management and prevention, while advocating for expanded access to healthcare coverage.

Action 1: Engage state legislators and advocate for expanded access to affordable healthcare in Tennessee.

Action 2: Research and develop a list of available affordable and no cost health care.

Action 3: Research and develop a list of available free or reduced cost medications.

Action 4: Increase access to needed health screenings for uninsured by collaborating with Health Department's We Care We Help Program.

Resources/collaborators: Health Department, Three Rivers Hospital Pharmacy, clinics, drug companies, We Care We Help, THA Lobbyist.



Prioritized Health Need 4: Chronic Diseases

Goal 1: Continued education in the community to help develop understanding of healthy behaviors that will promote a healthy lifestyle, decreasing chronic disease

Action 1: Partner with Coordinated School Health to provide education to parents and children on wellness and disease prevention.

Action 2: Promote awareness and provide education of healthy lifestyle choices that can reduce chronic disease and improve health at local events, Sr. Centers, health fairs.

Action 3: Promote importance of health screenings available for early detection of cancers at local events, Sr. Centers, health fairs.

Resources/collaborators: Coordinated School Health, Health Department, Three Rivers Hospital, Sr. Centers

Goal 2: Decrease the use of tobacco and vapor products

Action 1: Educate the community at health fairs and community events regarding the use of tobacco products and chronic disease.

Action 2: Partner with Health Department to provide smoking cessation classes to the community, ie. College, school, industry.

Action 3: Conduct a social media campaign on the misconceptions about the safety of tobacco and vape products

Resources/collaborators: Health Department, Coordinated School Health, Industry, Nashville State Community College, Three Rivers Hospital



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Monitoring

Three Rivers Hospital will not address mental health in the community health needs implementation plan due to lack of expertise and resources to address all identified issues. TRH will support any community efforts addressing these issues.

Monitoring

Impact

Three Rivers Hospital will monitor the progress of our Implementation Action Plan and will report progress to TRH Board of Trustees and to the community via Humphreys County Health Council.

Written Comments

Three Rivers Hospital welcomes written comments on the 2020 CHNA as well as the 2021-2023 Implementation plan. Comments may be sent to the hospital via the website, e-mail (ashtena@threerivershospital.com), mail, or phone call.



Community Health Needs Assessment and Implementation Plan

