Ascension Saint Thomas Hickman Hospital

2024 Community Health Needs Assessment Hickman County, Tennessee





The goal of this report is to offer a meaningful understanding of the most significant health needs across Hickman County, with emphasis on identifying the barriers to health equity for all people, as well as to inform planning efforts to respond to those needs. Special attention has been given to the needs of individuals and communities who are at increased risk for poor health outcomes or experiencing social factors that place them at risk. Findings from this report can be used to identify, develop, and focus hospital, health system, and community initiatives and programming to better serve the health and wellness needs of the community.

Hospital legal name: Saint Thomas Hickman Hospital (Ascension Saint Thomas Hickman Hospital)

Hospital Address: 135 East Swan Street, Centerville, TN 37033 Hospital website: Ascension Saint Thomas Hickman Hospital

Hospital phone: 931-729-4271 Hospital EIN/Tax ID: 58-1737573

The 2024 Community Health Needs Assessment report was adopted by the Ascension Saint Thomas West Regional Hospitals Board of Directors on February 27, 2025 (2024 tax year) and by the Ascension Saint Thomas Board of Directors on April 25, 2025 (2024 tax year) and applies to the following three-year cycle: July 1, 2025 to June 30, 2028. This report, as well as the previous report, can be found on Ascension's public website.

We value the community's voice and welcome feedback on this report. Please visit our public website (https://healthcare.ascension.org/chna) to submit your comments.



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Acknowledgements

The 2024 Community Health Needs Assessment (CHNA) represents a true collaborative effort to gain a meaningful understanding of the most pressing health needs across Hickman County. Ascension Saint Thomas Hickman Hospital is exceedingly thankful to the many community organizations and individuals who shared their views, knowledge, expertise, and skills with us. A complete description of community partner contributions is included in this report. We look forward to our continued collaborative work to promote a healthier, more equitable place to live, work and play.

We would also like to thank you for reading this report, and your interest and commitment to improving the health and well-being of Hickman County.



2024 Community Health Needs Assessment Ascension Saint Thomas Hickman Hospital

Executive Summary

The goal of the 2024 Community Health Needs Assessment report is to offer a meaningful understanding of the most significant health needs across Hickman County. Findings from this report can be used to identify, develop, and focus hospital, health system, and community initiatives and programming to better serve the health and wellness needs of the community.

Purpose of the CHNA

As part of the Patient Protection and Affordable Care Act of 2010, all not-for-profit hospitals are required to conduct a community health needs assessment (CHNA) and adopt an Implementation Plan and Strategies (IS) every three years. The purpose of the CHNA is to understand the health needs and priorities, with emphasis on identifying the barriers to health equity, for all people who live and/or work in the communities served by the hospital, with the goal of responding to those needs through the development of an implementation strategy plan.

Collaborators

Ascension Saint Thomas Hickman Hospital appreciates the collaborative work of StrategyHealth, Hickman County Health Department, Hickman County Health Council, Tennessee Department of Health, community members and many others that were pivotal in the development and completion of this Community Health Needs Assessment.

Community Served

Ascension Saint Thomas Hickman Hospital has defined its community served as Hickman County for the 2024 CHNA. Hickman County was selected as Ascension Saint Thomas Hickman Hospital's community served because it is our primary service area as well as our partners' primary service area. Additionally, community health data is readily available at the county level.

Data Analysis Methodology

The 2024 CHNA was conducted from April 2024 to December 2024, and utilized a derivation of the Mobilizing for Action through Planning and Partnership (MAPP) process, which incorporated data from both primary and secondary sources. Community input/primary data sources included from key community member interviews and a Hickman County health council self-assessment. Secondary data was compiled and reviewed to understand the health status of the community. Measures reviewed included chronic disease, social and economic factors, healthcare access and utilization trends in the



community and were gathered from reputable and reliable sources. Special attention was given to the needs of individuals and populations who are more marginalized and to unmet health needs or gaps in services.

- Planning meetings with community partners took place between April 2024 May 2024.
- Information gathering, using secondary public health sources, occurred between May 2024-August 2024.
- On August 27, 2024 12 key community members participated in interviews at Ascension Saint Thomas Hickman Hospital Executive Board room to gain insight on community health issues.
 These interviews included members from the community and representation from the Hickman County Health Department, including Hickman County Health Department director.
- On September 4, 2024 17 participants attended the Hickman County Health Council self-assessment which gathered community feedback about the prior CHNA needs, how they have changed, any barriers faced in solution building, and recommendations for future or continued action.
- On December 4, 2024 —A Community Meeting with the Hickman County Health Council was held with 25 participants in attendance. Participants were asked to review primary and secondary data, identify and prioritize community needs and discuss solutions utilizing the health equity framework.

Community Needs

Ascension Saint Thomas Hickman Hospital analyzed secondary data of over 95 indicators and gathered community input through interviews, a health council self-assessment, and community meetings to identify the needs of Hickman County. In collaboration with community partners, Ascension Saint Thomas Hickman Hospital used a phased prioritization approach to determine the most crucial needs for community members to address. The community prioritized needs are listed in the chart below.

Hickman County Community Health Needs

Prioritized Needs: 2022 CHNA

- Access to care
- Substance misuse
- Mental health

Primary Data

- Mental health
- Substance misuse
- Access to care
- Healthy
 eating/active living
 and resulting
 chronic conditions
- Infrastructure sewers, roads, water, schools, community center, walkable community, affordable housing, transportation
- Economic development and vision for the county
- Education and training

Secondary Data

- Smoking
- Obesity
 - Access to exercise opportunities
- Uninsured
- Higher pop to primary care physician ratio
- Low mammography screening
 - High school completion
 - Adults with "some college"
 - Low social associations
 - Injury deaths

Community Prioritized Needs: 2024

- Mental health
- Access to care
 - Substance misuse

Color coded by topic across sources: Substance misuse, HEAL and resulting chronic conditions, Access to Care, Mental Health, Education, Other



Next Steps and Conclusion

The 2024 CHNA was presented to the Ascension Saint Thomas West Regional Hospitals Board of Directors for approval and adoption on February 27, 2025. The next steps will be to work with Ascension Saint Thomas Hickman Hospital leaders and community partners to analyze which community health needs Ascension Tenneseee and Ascension Saint Thomas Hickman Hospital will prioritize. Later in 2025, an Implementation Plan and Strategies (I.S.) with detailed strategies will be developed and brought before the Board for approval.

Ascension Saint Thomas Hickman Hospital hopes this report offers a meaningful and comprehensive understanding of the most significant needs of Hickman County. The hospital values the community's voice and welcomes feedback on this report; comments or questions can be submitted via Ascension's public website (https://healthcare.ascension.org/chna).



About Ascension

As one of the leading nonprofit and Catholic health systems in the United States, Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable.

Ascension

Ascension is one of the nation's leading non-profit and Catholic health systems, with a Mission of delivering compassionate, personalized care to all with special attention to persons living in poverty and those most vulnerable. In FY2024, Ascension provided \$2.1 billion in care of persons living in poverty and other community benefit programs. Across 17 states and the District of Columbia, Ascension's network encompasses approximately 128,000 associates, 33,000 affiliated providers, 118 wholly owned or consolidated hospitals, and 34 senior living facilities. Additionally, through strategic partnerships, Ascension holds an ownership interest in 16 other hospitals.

Ascension's Mission provides a strong framework and guidance for the work done to meet the needs of communities across the U.S. It is foundational to transform health care and express priorities when providing care and services, particularly to those most in need.

Mission: Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually-centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.

For more information about Ascension, visit https://www.ascension.org.

Ascension Saint Thomas

Ascension Saint Thomas operates 16 hospitals in Tennessee and a comprehensive network of affiliated joint ventures, medical practices, clinics and rehabilitation facilities that cover a 45-county area and provided more than \$136 million in community benefit and care of persons living in poverty in fiscal year 2024. Across the state, Ascension Saint Thomas and its affiliates employ more than 13,165 associates. The health system has a 125-year history in Tennessee.



Ascension Saint Thomas Hickman Hospital

Ascension Saint Thomas Hickman Hospital is a member of Ascension, the nation's largest Catholic and nonprofit health system. Through our Christian healing ministry, we are committed to serving Hickman County and surrounding communities by providing the highest quality healthcare in a caring,

compassionate, and faith-based environment.

Ascension Saint Thomas Hickman Hospital has been serving the Hickman County and Centerville communities since 1964. Ascension Saint Thomas Hickman Hospital operates one hospital campus, and employs more than 90 people. Ascension Saint Thomas Hickman Hospital, the first hospital in Tennessee to qualify as a Critical Access Hospital, has specialty clinics in eye care, gastroenterology, cardiology, outpatient infusions, and orthopedics. Additionally, the hospital has complete ancillary services, including physical therapy, cardiopulmonary, and radiology with CAT scan, nuclear medicine, and



echocardiography capabilities. Ascension Saint Thomas Hickman Hospital strives to provide quality primary and emergency care to the community in a professional, accessible and compassionate manner.

For more information about Ascension Saint Thomas Hickman Hospital, visit <u>Ascension Saint Thomas</u> Hickman Hospital.



About the Community Health Needs Assessment

A community health needs assessment is essential for community building, health improvement efforts, and directing resources where they are most needed. CHNAs can be powerful tools with the potential to be catalysts for immense community change.

Purpose of the CHNA

A CHNA is defined as "a systematic process involving the community that identifies and analyzes community health needs and assets to plan and act upon priority community health needs." The process serves as a foundation for promoting the health and well-being of the community by identifying the most pressing needs, leveraging existing assets and resources, developing strategic plans, and mobilizing hospital programs and community partners to work together. This community-driven approach aligns with Ascension Saint Thomas Hickman Hospital's commitment to offer programs designed to respond to the health needs of a community, with special attention to persons who are medically underserved and at risk for poorer health outcomes because of social factors that put them at increased risk.

Advancing Health Equity

Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health.² Progress toward achieving health equity can be measured by reducing health disparities. Health disparities are particular health differences closely linked with economic, social, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced such obstacles to health based on their race or ethnicity, religion, socioeconomic status, gender identity, sexual orientation, age, cognitive, sensory, or physical disability, geographic location, or other characteristics historically linked to discrimination or exclusion.³

Focusing on the root causes that have perpetuated these differences contributes to the advancement of health equity. By identifying the conditions, practices, and policies that perpetuate differences in health outcomes, we can better respond to root causes when pursuing health equity.

Ascension Saint Thomas Hickman Hospital acknowledges that health disparities in our communities go beyond individual health behaviors. Ascension's Mission calls us to be "advocates for a compassionate and just society through our actions and words"; therefore, health equity is a matter of great importance to Ascension.

¹Catholic Health Association of the United States. (2022). A guide for planning and reporting community benefit, 2022 (p.146).

²National Center for Chronic Disease Prevention and Health Promotion. (2023, January 4). Advancing health equity in chronic disease prevention and management. Center for Disease Control and Prevention (CDC). Retrieved October 11, 2023, from https://www.cdc.gov/chronicdisease/healthequity/index.htm

³Braveman, P. (2014). What are health disparities and health equity? We need to be clear. *Public Health Reports*, 129(Suppl 2), 5-8. https://doi.org/10.1177/00333549141291S203



IRS 501(r)(3) and Form 990 Schedule H Compliance

The CHNA also serves to satisfy certain requirements of tax reporting, pursuant to provisions of the Patient Protection and Affordable Care Act of 2010, more commonly known as the Affordable Care Act (ACA). As part of the ACA, all not-for-profit hospitals are required to conduct a CHNA and adopt an implementation strategy every three years. Requirements for 501(c)(3) hospitals under the ACA are described in Code Section 501(r)(3) and include making both current and previous CHNA and implementation strategy reports widely available to the public. In accordance with this requirement, electronic versions of these reports can be accessed at https://healthcare.ascension.org/CHNA, and paper versions can be requested at Ascension Saint Thomas Hickman Hospital's Administrative Office.

Timeline

In April 2024 - December 2024, Ascension Saint Thomas Hickman Hospital began a Community Health Needs Assessment for Hickman County and sought input from persons who represent the broad interests of the community using several methods:

- Planning meetings with community partners took place between April 2024 May 2024.
- Information gathering, using secondary public health sources, occurred between May 2024-August 2024.
- On August 27, 2024 12 key community members participated in interviews at Ascension Saint Thomas Hickman Hospital Executive Board room to gain insight on community health issues. These interviews included members from the community and representation from the Hickman County Health Department, including Hickman County Health Department director.
- On September 4, 2024 17 participants attended the Hickman County Health Council self-assessment which gathered community feedback about the prior CHNA needs, how they have changed, any barriers faced in solution building, and recommendations for future or continued action.
- On December 4, 2024 —A Community Meeting with the Hickman County Health Council was held with 25 participants in attendance. Participants were asked to review primary and secondary data, identify and prioritize community needs and discuss solutions utilizing the health equity framework.

Community Served and Demographics

A first step in the assessment process is clarifying the geography within which the assessment occurs and understanding the community demographics.

Community Served

For the purpose of the 2024 CHNA, Ascension Saint Thomas Hickman Hospital Ascension Saint Thomas Hickman Hospital has defined its community served as Hickman County for the 2024 CHNA. Hickman County was selected as Ascension Saint Thomas Hickman Hospital's community served



because it is our primary service area as well as our partners' primary service area. Additionally, community health data is readily available at the county level.



Source: SiteMap

Hickman County is 100% rural with 40.7 population per square mile in 2020.

68% of employees are employed in the top five industries:

- Educational services, and health care and social assistance 20.0%
- Manufacturing 15.8%
- Retail trade 15.6%
- Construction 8.9%
- Professional, scientific, management, administrative and waste management services 7.7%

2022 American Community Survey 5-Year Estimates

Demographic Data

Located in Tennessee, Hickman County has a population of 25,826 and is 100% rural with 612.5 square miles and 40.7 population per square mile. Below are demographic data highlights for Hickman County:

- 18.1% of the community members of Hickman County are 65 or older, compared to 17.3 percent in Tennessee.
- 96.8% of community members are non-Hispanic; 3.2 % are Hispanic or Latino
- 89.4% of community members are non-Hispanic white; 0.4% are Asian; 0.8% are American Indian or Alaska Native, and 4.6% are non-Hispanic Black or African American
- The total population increase from 2020 to 2023 was 3.7%
- The median household income is below the state median income (\$54,668 for Hickman County \$64,035 for Tennessee)
- The percent of all ages of people in poverty was higher than the state (14.5% for Hickman County 13.3% for Tennessee)



• The uninsured rate for Hickman County is higher than the state (13.2% for Hickman County 11.9% for Tennessee)

Source: County Health Rankings Hickman County, 2024

Listed below in Table 1 is a snapshot of some demographic highlights for Hickman County. To view community demographic data in their entirety, see Appendix B (Page 32).

Table 1: Description of Community

Demographic Highlights				
Population				
Indicator	Hickman	Tennessee	Description	
% living in rural communities	100%	33.8%	2020 Census percent rural population within the state	
% below 18 years of age	20.7%	21.8%	N/A	
% 65 years of age and over	18.1%	17.3%	N/A	
% Asian	0.4%	2.2%	N/A	
% American Indian or Alaska Native	0.8%	0.5%	N/A	
% Hispanic	3.2%	6.4%	N/A	
% non-Hispanic Black	4.6%	16.4%	N/A	
% non-Hispanic White	89.4%	72.9%	N/A	
Social and Community Con	text			
English proficiency	0.1%	1.6%	Proportion of community members who speak English "less than well"	
Median household income	\$54,669	\$64,035	Income level at which half of households in a county earn more and half of households earn less	
% of children in poverty	20%	18%	Percentage of people under age 18 in poverty	
% of uninsured	13.2%	11.9%	Percentage of population under age 65 without health insurance	
% of educational attainment	82.5%	89%	Percentage of adults ages 25 and over with a high school diploma or equivalent	
% of unemployment	2.8%	3.5%	Percentage of population ages 16 and older unemployed but seeking work	

Source: County Health Rankings, 2024; US Census Bureau, 2019-2023; American Community Survey 2018-2022; Bureau of Labor Statistics, 2023



Process and Methods Used

Ascension Saint Thomas Hickman Hospital is committed to using national best practices in conducting the Community Health Needs Assessment. Health needs and assets for Hickman County were

determined using a combination of data collection and analysis for both secondary and primary data, as well as community input on the identified and significant needs. Ascension Saint Thomas Hickman Hospital's approach includes the model developed by the County Health Rankings and Roadmaps and the Robert Wood Johnson Foundation, utilizing the determinants of health model as the model for community health improvement supplemented with additional data.

Collaborators

Ascension Saint Thomas Hickman Hospital completed its 2024 CHNA in collaboration with the following organizations and individuals:

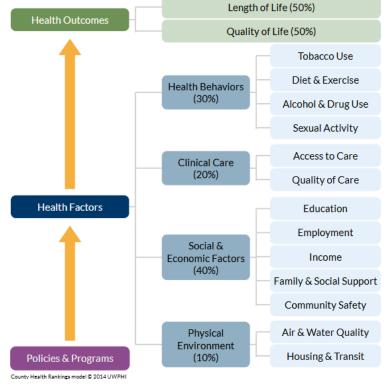
StrategyHealth, LLC

of health council meetings.

- Hickman County Department of Health
- Tennessee Department of Health
- Hickman County health council

Air & Water Quality Physical Environment Policies & Programs Housing & Transit (10%)nty Health Rankings model © 2014 UWPHI Ascension Saint Thomas Hickman Hospital worked closely with and engaged leaders for this CHNA. StrategyHealth, a healthcare consultancy based in Nashville, Tennessee, provided the analysis of secondary community health data, conducted and analyzed the interviews, and facilitated the community meeting. The Tennessee Department of Health provided support to both the Hickman County Health Department as well as Ascension Saint Thomas Hickman Hospital during the CHNA process. The Hickman County Department of Health served as a partner in the process, identifying

individuals to participate in key community member interviews. As well as assisting with coordination

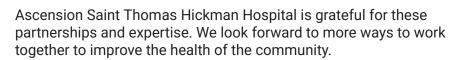




Data Collection Methodology

Ascension Saint Thomas Hickman Hospital is committed to using national best practices in conducting the Community Health Needs Assessment. In collaboration with various community partners,

Ascension Saint Thomas Hickman Hospital's approach relies on a modified Mobilizing for Action through Planning and Partnerships (MAPP) model developed by the County Health Rankings and Roadmaps and the Robert Wood Johnson Foundation and the University of Wisconsin. MAPP utilizes the determinants of the health model as the model for community health improvement supplemented with additional data and qualitative data responses. Although not all data came from County Health Rankings, the data used its organizing methodology of health outcomes and health factors including social drivers of health.





Summary of Community Input

Community input, also referred to as "primary data," is an integral part of a CHNA and is meant to reflect the voice of the community. This input is invaluable for efforts to accurately assess a community's health needs. A concerted effort was made to ensure that the individuals and organizations represented the needs and perspectives of 1) public health practice and research; 2) individuals who are medically underserved, low-income, or considered among the minority populations served by the hospital; and 3) the broader community at large and those who represent the broad interests and needs of the community served.

Multiple methods were used to gather community input, including key community member interviews and community health council meetings. These methods provided additional perspectives on selecting and responding to top health issues facing Hickman County. A summary of the process and results is outlined below.

Key Community Member Interviews

A series of 12 one-on-one interviews were conducted by Ascension Saint Thomas Hickman Hospital representative and StrategyHealth to gather feedback from key community members on the health needs and assets of Hickman County. These meetings included members from the community and representation from the Hickman County Health Department, including Hickman County Health Department director. 12 community members from at least 11 different organizations and agencies participated in the interviews, held August 27, 2024.



The table below summarizes key points, common themes, and meaningful quotes.

Table 2: Key Community Member Interviews

Key Community Member Interviews

Key Summary Points

- The top things that would improve the quality of life in Hickman county were: access to care (insurance, medication, specialty care), substance misuse, affordable mental health resources, employment with living wages, infrastructure improvements (connectivity, transportation, affordable housing, a growth plan, more ambulances and police).
- The community's strongest assets are: organizations and agencies, people and culture, location and natural beauty, healthcare (Three Rivers Clinic, Hickman Hospital, EMS, Health Department and health council), and infrastructure (broadband, low unemployment, LED lights, sidewalks).
- The obstacles or challenges in the community are: access to care (uninsured, cost of healthcare), poverty/jobs, lack of infrastructure and resources (transportation, cell service, radio communication, pool), nutrition.
- The top health issues of concern are: access to care (health insurance, TennCare), substance misuse, mental health (suicide), healthy eating, active living (overweight, heart, cancer, untreated diabetes), infrastructure (park system, transportation, economic development, internet connections).
- The top initiatives the interviewees would implement are: improve infrastructure (bus routes, rural Uber, affordable housing, growth plan (create jobs, tourism, thriving downtown).

Populations/Sectors Represented by Participants	Common Themes
 Government Health Department Medical Center Helping Hands Mental Health EMS Newspaper Providers Faith community 	 Access to care for the uninsured and TennCare recipients and their willingness to seek healthcare was universally mentioned. The lack of mental health resources, and treatment of those in a mental health crisis. The addition of jobs in the county with living wages. The need for improved infrastructure such as transportation, affordable housing, internet, preparation for growth. Healthy eating and active living and the resulting chronic conditions of heart disease, cancer and diabetes.

Meaningful Quotes

- "There is a shortage of mental health providers and a lack of continuity of care."
- "Insurance is not affordable. Insurance is a funny business; they pick and choose what they cover."
- "Insure everyone, make the ACA affordable, get people to agree to fix our insurance system."
- "There was a Medical Mission at Home in the county and the turnout was so huge, that's when I realized the county had a problem."

Health Council Self-Assessment

Each county in Tennessee has a health council sponsored by the local health department. Each health council workgroup is dedicated to improving a specific need, and were convened separately for focused conversations. Each workgroup is composed of community organizations and stakeholders. Health councils are vital partners in the CHNA process and focus on the CHNA's priority health needs. In summary this health council self- assessment focused on the Hickman County health councils' need areas of mental health and substance misuse. During this self-assessment, health council members



shared their professional experience on these focus needs, how the need has improved, changed, challenges and along with recommendations on these priority needs. The Hickman County health council self- assessment was held at Bernard Community Center in Centerville, Tennessee on September 4, 2024. Hickman County Health Department, Hickman County Health Council and other community members were integral in recruitment/coordination efforts for the self-assessment. The goal of this self-assessment was to engage health councils and receive robust feedback on programming of this work.

The table below summarizes key points, common themes, and meaningful quotes.

Table 3: Hickman County Health Council Self-Assessment

Hickman County Health Council Self-Assessment

Participants Summary

- Participant Information: 17 people completed a participant survey for the self-assessment. The following demographics are based on the survey participants.
- Most participants lived and/or worked in Hickman County (88%) Hickman County.
- Most attended the health council meeting as a part of their professional role (70%), the remainder were working but attending as community members only.

Key Summary Points

- Lack of positive coping skills is leading to increased substance misuse.
- Less environmental stability after a crisis for both mental health and substance misuse.
- Some aspects of mental health and substance misuse use are improving, like more work is being done
 to remove the stigma around mental health and work is being done to better understand addiction
 within the school systems.

Common Themes	Meaningful Quotes
Mental Health	 "Not enough caregivers that understand the hard hitting issues that people are facing and don't have all of the tools to be able to address the issues that people have." Barriers to Mental Health"Education, stigma, access to care, cost and transportation and misinformation."
Substance Use	 The idea is you can get a shot and get fixed up and don't have to worry about it [consequences]. I can get this [narcan] right after I overdose [and everything will be fine]. "Narcan is a last resort, I believe in detox and treatment [as proper follow up after an overdose]."
	Recommendations for improving the needs

- Increase availability of resources for mental health that mitigate barriers, red tape and education. Have more mental health providers for teenagers.
- Focus on community centers and outreach for youth and increase efforts around the youth. Have volunteers focus on the kids and focus resources on the youth.

Community Meeting with the Health Council

Each county in Tennessee has a health council sponsored by the local health department. Each health council workgroup is dedicated to improving a specific need, and were convened separately for focused



conversations. Each workgroup is composed of community organizations and community members. On December 4, 2024 Ascension Saint Thomas Hickman Hospital presented the CHNA secondary data, key community member interviews, and themes from the Self-Assessment to the Hickman County health council to receive their input on the most significant health needs.

Community Meeting with the health council was a time for community members to be informed on primary and secondary data. This meeting created engagement around community health related issues happening in Hickman County. The themes and discussion were around the topics of mental health, substance misuse, health eating/active living, and continued economic development for the community. Hickman County health council members agreed that the data shared during the community meeting supported the voted community's prioritized needs.

For additional information on community input data, see Appendix C (Page 35).

Summary of Secondary Data

Secondary data is data that has already been collected and published by another party. Both governmental and non-governmental agencies routinely collect secondary data reflective of the population's health status at the state and county levels through surveys and surveillance systems. Secondary data for this report was compiled from various reputable and reliable sources.

Health indicators in the following categories were reviewed:

- Health outcomes
- Physical environment
- Clinical care
- Social determinants that impact health
- Disparities

A summary of the secondary data collected and analyzed through this assessment is outlined below. Information was gathered using <u>County Health Rankings</u> indicators for Hickman County.

- Higher adult smoking at 25% than the State of Tennessee at 20%
- Higher adult obesity at 37% than the State of Tennessee at 36%
- Lower access to exercise opportunities at 31% compared to 67% for the State of Tennessee
- Higher uninsured at 13% than the State of Tennessee at 12%
- Lower population to primary care physician 5,060:1 than the State of Tennessee at 1,440:1
- Lower mammography screening at 36% than the State of Tennessee at 42%
- Lower percentage of high school completion at 83% than State of Tennessee at 89%
- Lower percentage of those adults with "some college" at 43% than the State of Tennessee at 63%
- Lower social associations at 4.3 than the State of Tennessee at 11.0



 Higher injury deaths at 165 per 100,000 population than the State of Tennessee at 108 per 100,000 population

To view the secondary data and sources in their entirety, see Appendix D (Page 41).

Data Limitations and Information Gaps

Although it is quite comprehensive, this assessment cannot measure all possible aspects of health and cannot represent every possible population within Hickman County. This constraint limits the ability to assess all the community's needs fully.

For this assessment, two types of limitations were identified:

- Some groups of individuals may not have been adequately represented through the community input process. For example, those groups may include individuals who are transient, who speak a language other than English, or who are members of the lesbian/gay/bisexual/transgender+ community.
- Secondary data is limited in a number of ways, including timeliness, reach, and ability to fully reflect the health conditions of all populations within the community.

Despite the data limitations, Ascension Saint Thomas Hickman Hospital is confident of the overarching themes and health needs represented through the assessment data. This is based on the fact that the data collection included multiple qualitative and quantitative methods and engaged the hospital and participants from the community.

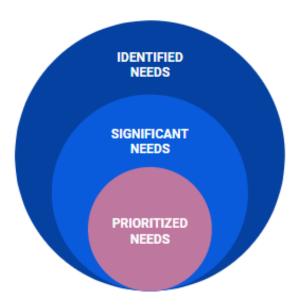


Community Needs

Ascension Saint Thomas Hickman Hospital, in collaboration with StrategyHealth, analyzed secondary data of 95 indicators and gathered community input through community interviews and a community

meeting to identify the needs in Hickman County. In collaboration with community partners, Ascension Saint Thomas Hickman Hospital used a phased prioritization approach to identify the needs.

Following the completion of the Community Health Needs Assessment (CHNA), Ascension Saint Thomas Hickman Hospital will select all, or a subset, of the significant needs as the hospital's prioritized needs to develop a three-year implementation plan and strategies. Although the hospital may respond to many needs, the prioritized needs will be at the center of a formal CHNA implementation strategy and corresponding tracking and reporting. The image to the right portrays the relationship between the needs categories.



Identified Needs

The first phase was to determine the broader set of identified needs. Ascension has defined "identified needs" as the health outcomes or related conditions (e.g., social determinants of health) impacting the health status of Hickman County. The identified needs were categorized into health behaviors, social determinants of health, length of life, quality of life, clinical care, and systemic issues to develop better measures and evidence-based interventions that respond to the determined condition.

Significant Needs

In the second phase, identified needs were narrowed to a set of "significant needs" determined most crucial for community members to address. In collaboration with various community partners, Ascension Saint Thomas Hickman Hospital synthesized and analyzed the data to determine which of the identified needs were most significant. Ascension Saint Thomas Hickman Hospital has defined significant needs as the identified needs deemed most significant to respond to, based on established criteria and/or prioritization methods.



Prioritized Needs

In the third phase, significant needs were further narrowed to a set of community "prioritized needs." This process is done in collaboration with various community partners. Following the completion of the CHNA, Ascension Saint Thomas Hickman Hospital will select all, or a subset, of the needs below as the hospital's prioritized needs for its 2024 CHNA Implementation Plan and Strategies.

The prioritization process in Hickman County, called the community meeting, included a facilitated session with the goal of engaging health council and local voices in a streamlined prioritization process and building out community recommendations. Participants made decisions about the needs using the data provided, their lived and professional experience, and criteria outlined in the MAPP 2.0 Handbook to make these decisions (NACCHO, 2023). The table listed below is the criteria used to identify the prioritized needs.

Table 4: Criteria for Identifying Community Prioritized Needs

Criteria for Identifying Community Prioritized Need		
Magnitude	How many individuals does the problem affect?	
Seriousness of consequences	What would happen if the issue were not made a priority? What level of burden on the community (economic, social or other)?	
Feasibility	Is the problem preventable, and what is the community's capacity to address?	
Equity	Is one group of people being affected more than other groups? Are health outcomes different for different groups?	

Based on the synthesis and analysis of the data, the Hickman County community prioritized needs for the 2024 CHNA:

- Access to care/insurance
- Mental health
- Substance misuse

Ascension Saint Thomas Hickman Hospital understands the importance of all the health needs of the community and is committed to playing an active role in improving the health of the people in the communities it serves. The next steps will be to work with Ascension Saint Thomas Hickman Hospital leaders and community partners to finalize which community prioritized health needs Ascension Tenneseee and Ascension Saint Thomas Hickman Hospital will prioritize. Later in 2025, an Implementation Plan and Strategies (IS) will be developed and brought before the Board for approval.

To view healthcare facilities and community resources available to respond to the prioritized needs, please see Appendix E (Page 47).



Hickman County Community Prioritized Needs

The following pages contain a description (including data highlights, community challenges and perceptions, and local assets and resources) of each community prioritized need.

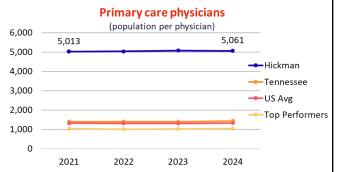
Prioritized Need: Access to Care			
Significance	Populations Most Impacted		
Many people face barriers that prevent or limit access to needed health care services, which may increase the risk of poor health outcomes and health disparities. Inadequate health insurance coverage is one of the largest barriers to health care access. Physician shortages may mean that patients experience longer wait times and delayed care. Source: Healthy People 2030	 Uninsured population Low-income population Those with high deductibles Those with chronic conditions 		

Community Input Highlights

- Access to care especially with those who do not have insurance. The uninsured put off going to the doctor until their health is in crisis.
- Seems like the uninsured is growing. The state isn't going to expand Medicaid and the ACA is not affordable.
- There are only 3 ambulances in the county which is 687 square miles and have to travel great distances.
- People who have TennCare may not get as good care as those who are better insured.

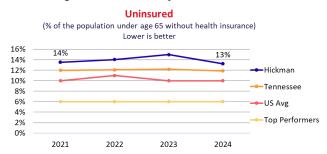
Secondary Data Highlights

Access to health care requires not only financial coverage, but also access to providers.



Source: <u>County Health Rankings</u>, Area Health Resources Files (AHRF) 2022-2023. US Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Workforce, Rockville, MD. The 2024 Annual Data Release used data from 2021 for this measure.

Lack of health insurance coverage is a significant barrier to accessing needed health care and to maintaining financial security.



Source: <u>County Health Rankings. 2021</u>, US Census Bureau's Small Area Health Insurance Estimates (SAHIE). The 2024 Annual Data Release used data from 2021 for this measure.



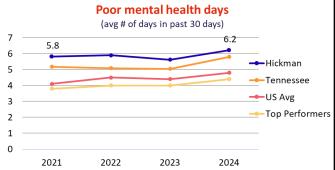
Prioritized Need: Mental Health Populations Most Impacted Significance Mental and physical health are equally important According to the National Institute of Mental Health components of overall health. For example, depression (NIMH), young adults aged 18-25 have the highest increases the risk for many types of physical health prevalence of mental illness, at 33.7%, compared to problems, particularly long-lasting conditions like adults aged 26-49 (28.1%) and those aged 50 and diabetes, heart disease, and stroke. older (15.0%). • People who identify as being of two or more races Source: Chronic Illness & Mental Health. Bethesda, MD: (24.9%) are more likely to report any mental illness within the past year than any other race/ethnic National Institutes of Health, National Institute of Mental group, followed by American Indian/Alaska Natives Health. 2015. (22.7%), White (19%), and Black (16.8%). • Women are three times more likely than men to experience common mental health problems. · Suicide is one of the leading causes of death in adolescents and adults ages 15 to 24.

Community Input Highlights

- There is no safety net in a crisis, and there is nowhere to treat mental health issues.
- Suicide is prevalent in the county.
- Hopelessness is contributing to poor mental health in the county.

Secondary Data Highlights

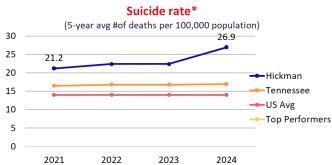
Hickman County had on average 6.2 poor mental health days out of 30 days, higher than Tennessee and the U.S.



Source: County Health Rankings, BRFSS, 2018-2021, Average number of mentally unhealthy days reported in the past 30 days (age-adjusted). The 2024 Annual Data Release used data from 2021 for this measure.

26.9 per 100,000 population of Hickman County committed suicide, higher than Tennessee and the U.S.

Source: National Institute of Mental Health, 2024



Source: <u>County Health Rankings, BRFSS, 2018-2021</u>. Average number of mentally unhealthy days reported in the past 30 days (age-adjusted). The 2024 Annual Data Release used data from 2021 for this measure.



Prioritized Need: Substance Misuse

Significance

People with addiction often have one or more associated health issues, which could include lung or heart disease, stroke, cancer, or mental health conditions. Imaging scans, chest X-rays, and blood tests can show the damaging effects of long-term drug use throughout the body.

Source: National Institute on Drug Abuse, 2020

Populations Most Impacted

- Those reporting two or more races were highest for past year illicit drug use.
- American Indian/Alaska Native (AIAN) had higher alcohol use disorder at 8.3% followed by White people (5.8%) then Hispanic population (5.2%), and Black population (4.8%).
- Substance use disorder was higher for **AIAN** (11.3%), White (7.8%), Black and Hispanic population at 7.1%
- Drug abuse and substance disorders are more likely to affect young males.
- Drug use is highest among persons between the ages of 18-25 at 39% compared to persons aged 26-29, at 34%.
- 70% of users who try an illegal drug before age 13 develop a substance abuse disorder within the next 7 years compared to 27% of those who try an illegal drug after age 17.

Source: SAMHSA,2021; National Center for Drug Abuse Statistics

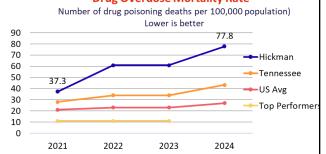
Community Input Highlights

- Some believe vaping is healthier than smoking.
- Substance misuse is one of the top issues because of its impact on the individual, family, and community.
- Drugs are cheap and readily available. Rid the community of them.

Secondary Data Highlights

Drug overdose deaths are a leading contributor to premature death and are largely preventable.

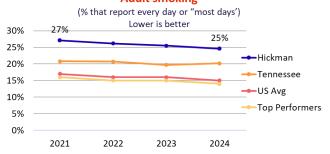
Drug Overdose Mortality Rate*



Source: County Health Rankings, 2019-2021, National Center for Health Statistics - Mortality Files; Census Population Estimates Program. The 2024 Annual Data Release used data from 2019-2021 for this measure.

Each year, approximately 480,000 premature deaths can be attributed to smoking.

Adult smoking



Source: <u>County Health Rankings, 2018-2021</u>, BRFSS. The Annual Data Release used data from 2018-2021 for this measure.



Summary of Impact of the Previous CHNA Implementation Strategy

An important piece of the three-year Community Health Needs Assessment (CHNA) cycle is revisiting the progress made on priority needs set forth in the preceding CHNA. By reviewing the actions taken to respond to the prioritized needs and evaluating the impact those actions have made in the community, it is possible to better target resources and efforts during the next CHNA cycle.

Ascension Saint Thomas Hickman Hospital previous 2021 CHNA Implementation Plan and Strategies (IS) was completed and responded to the following priority health needs: Access to Care, Mental Health and Substance Misuse. Highlights from Ascension Saint Thomas Hospital's previous implementation strategy can be found on Appendix F (Page 48).

Written Comments on Previous CHNA and Implementation Strategy

Ascension Saint Thomas Hickman Hospital's previous 2021 CHNA and Implementation Plan and Strategies (IS) was made available to the public and open for public comment via the website: https://healthcare.ascension.org/chna. We received one community comment related to women and cardiovascular disease. Our attempts to respond were met with an undeliverable message due to inaccurate email address.



Approval by Ascension Saint Thomas West Regional Hospitals Board of Directors

To ensure Ascension Saint Thomas Hickman Hospital's efforts meet the needs of the community and have a lasting and meaningful impact, the 2024 Community Health Needs Assessment (CHNA) was presented to the Ascension Saint Thomas West Regional Hospitals Board of Directors for approval and adoption on February 27, 2025 and to the Ascension Saint Thomas Board of Directors on April 25, 2025. Although an authorized body of the hospital must adopt the CHNA and implementation strategy reports to be compliant with the provisions in the Affordable Care Act, adoption of the reports also demonstrates that the board is aware of the findings from the CHNA, endorses the health needs identified, and supports the strategies developed to respond to those needs.



Conclusion

Ascension Saint Thomas Hickman Hospital hopes this report offers a meaningful and comprehensive understanding of the most significant needs of Hickman County. This report will be used by internal stakeholders, nonprofit organizations, government agencies, and other Ascension Saint Thomas Hickman Hospital community partners to guide the implementation strategies and community health improvement efforts as required by the Affordable Care Act. The 2024 CHNA will also be available to the broader community as a useful resource for further health improvement efforts.

As a Catholic health ministry, Ascension Saint Thomas Hickman Hospital is dedicated to spiritually centered, holistic care that sustains and improves the health of not only individuals but the communities it serves. With special attention to those who are underserved and marginalized, we are advocates for a compassionate and just society through our actions and words. Ascension Saint Thomas Hickman Hospital is dedicated to serving patients with compassionate care and medical excellence, making a difference in every life we touch. The hospital values the community's voice and welcomes feedback on this report. Please visit Ascension's public website (https://healthcare.ascension.org/chna) to submit any comments or questions.



Appendices

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Appendix A: Definitions and Terms

Catholic Health Association of United States (CHA) "is recognized nationally as a leader in community benefit planning and reporting." ⁴ The definitions in Appendix A are from the CHA guide Assessing and Addressing Community Needs, 2015 Edition II, which can be found at chausa.org.

⁴ Catholic Health Association of the United States. (2015). Assessing & Addressing Community Health Needs, 2015 Edition II.

Collaborators

Third-party, external community partners who are working with the hospital to complete the assessment. Collaborators might help shape the process, identify key informants, set the timeline, contribute funds, etc.

Community Meeting

The prioritization process included an in-person or hybrid 30 minutes facilitated session hosted in collaboration with the health council. The goal of this session, called a community meeting, was to engage health council and local voices in a streamlined prioritization process and build out community recommendations for action around each priority need. Mentimeter, an online voting tool to rank their 1st, 2nd, and 3rd most significant health needs in the County.

Community Served

A hospital facility may take into account all the relevant facts and circumstances in defining the community it serves. This includes: The geographic area served by the hospital facility; target populations served, such as children, women, or the aged; and principal functions, such as a focus on a particular specialty area or targeted disease.

Demographics

Population characteristics of your community. Sources of information may include population size, age structure, racial and ethnic composition, population growth, and density.

Health Council

In each county, there is a group of community members focused on improving the health of their county through a collaboration called a 'health council.' They are vital partners in the CHA process and focus on the CHA's priority health needs.

Identified Need

Health outcomes or related conditions (e.g., social determinants of health) impacting the health status of the community served



Key Community Member Interviews

A method of obtaining input from community leaders and public health experts one-on-one. Interviews can be conducted in person or over the telephone (including computer/video calls). In structured interviews, questions are prepared and standardized prior to the interview to ensure consistent information is solicited on specific topics. In less structured interviews, open-ended questions are asked to elicit a full range of responses. Key informants may include leaders of community organizations, service providers, and elected officials. Individuals with special knowledge or expertise in public health may include representatives from your state or local health department, faculty from schools of public health, and providers with a background in public health.

Medically Underserved Populations

Medically underserved populations include populations experiencing health disparities or that are at risk of not receiving adequate medical care because of being uninsured or underinsured or due to geographic, language, financial, or other barriers. Populations with language barriers include those with limited English proficiency. Medically underserved populations also include those living within a hospital facility's service area but not receiving adequate medical care from the facility because of cost, transportation difficulties, stigma, or other barriers.

Prioritized Need/Community Prioritized Needs

Significant needs which have been selected by the hospital to address through the CHNA implementation strategy

Self Assessment

Self-assessment was given to health council members and is a five (5) question questionnaire that addressed priority health needs, changes related to the needs, and recommendations for improvement.

Significant Need

Identified needs which have been deemed most significant to address based on established criteria and/or prioritization methods

Vendors

Third-party, external entities paid to complete specific deliverables on behalf of the hospital (or coalition/collaborators); alternatively referred to as consultant.



Appendix B: Community Demographic Data and Sources

The tables below provide further information on the community's demographics. The descriptions of the data's importance are largely drawn from the County Health Rankings & Roadmaps website.

Table 5: Population

Why it is important: The composition of a population, including related trends, is important for understanding the community context and informing community planning.

Population	Hickman County	Tennessee	U.S.
Total	25,826	7,126,489	334,914,895
Male	52.4%	49.1%	49.6%
Female	47.6%	50.9%	50.4%

Source: U.S. Census Bureau Hickman County, 2019-2023

Table 6: Population by Race and Ethnicity

Why it is important: The racial and ethnic composition of a population is important in understanding the cultural context of a community. The information can also be used to better identify and understand health disparities.

Race or ethnicity	Hickman County	Tennessee	U.S.
Asian	0.4%	2.2%	6.6%
Non-Hispanic Black / African American	4.6%	16.7%	13.6%
Hispanic / Latino	3.2%	6.4%	19.1%
American Indian or Alaska Native	0.8%	0.5%	1.3%
Non-Hispanic White	89.4%	72.9%	58.9%

Source: County Health Rankings, 2024



Table 7: Population by Age

Why it is important: The age structure of a population is important in planning for the future of a community, particularly for schools, community centers, healthcare, and child care. A population with more youths will have greater education and childcare needs, while an older population may have greater healthcare needs.

Age	Hickman County	Tennessee	U.S.
Median age	41.8	39.2	39.0
Ages 0-17	20.7%	21.8%	21.7%
Ages 18-64	61.2%	60.9%	61.0%
Ages 65+	18.1%	17.3%	17.3%

Source: U.S. Census Bureau, 2019-2023

Table 8: Income

Why it is important: Median household income and the percentage of children living in poverty, which can compromise physical and mental health, are well-recognized indicators. People with higher incomes tend to live longer than people with lower incomes. In addition to affecting access to health insurance, income affects access to healthy choices, safe housing, safe neighborhoods, and quality schools. Chronic stress related to not having enough money can have an impact on mental and physical health as well. ALICE, an acronym for Asset Limited, Income Constrained, Employed, are households that earn more than the U.S. poverty level but less than the basic cost of living for the county. Combined, the number of poverty and ALICE households equals the total population struggling to afford basic needs.

Income	Hickman County	Tennessee	U.S.
Median household income	\$54,669	\$64,035	\$75,149
Per capita income	\$27,764	\$36,040	\$41,261
People with incomes below the federal poverty guideline	14.5%	13.3%	11.5%
ALICE households	37%	30%	29%

Source: U.S. Census Bureau, 2019-2023, United for Alice, 2022



Table 9: Education

Why is it important: There is a strong relationship between health, lifespan, and education. In general, as income increases, so does lifespan. The relationship between more schooling, higher income, job opportunities (e.g., pay, safe work environment), and social support helps create opportunities for healthier choices.

Income	Hickman County	Tennessee	U.S.
High school diploma or higher	82.5%	89.3%	89.1%
Bachelor's degree or higher	12.4%	29.7%	34.3%

Source: U.S. Census Bureau, 2019-2023

Table 10: Insured/Uninsured

Why it is important: Lack of health insurance can have serious health consequences due to lack of preventive care and delays in care that can lead to serious illness or other health problems.

Income	Hickman County	Tennessee	U.S.
Uninsured	13.2%	11.1%	9.3%
Medicaid Participation, not Eligible	24.1%	22.4%	25.1%

Source: U.S. Census Bureau, 2019-2023, TennCare Enrollment, 2024,



Appendix C: Community Input Data and Sources

In April 2024 - December 2024, Ascension Saint Thomas Hickman Hospital began a Community Health Needs Assessment for Hickman County and sought input from persons who represent the broad interests of the community using several methods:

- Planning meetings with community partners took place between April 2024 May 2024.
- Information gathering, using secondary public health sources, occurred between May 2024-August 2024.
- On August 27, 2024 12 key community members participated in interviews at Ascension Saint Thomas Hickman Hospital Executive Board room to gain insight on community health issues. These interviews included members from the community and representation from the Hickman County Health Department, including Hickman County Health Department director.
- On September 4, 2024 17 participants attended the Hickman County Health Council self-assessment which gathered community feedback about the prior CHNA needs, how they have changed, any barriers faced in solution building, and recommendations for future or continued action.
- On December 4, 2024 —A Community Meeting with the Hickman County Health Council was held with 25 participants in attendance. Participants were asked to review primary and secondary data, identify and prioritize community needs and discuss solutions utilizing the health equity framework.
 - The prioritization process included one in person 30 minute facilitated session hosted in collaboration with the Hickman County Health Council. In summary the community meeting with the health council was a time for primary and secondary data to be presented back to community members to create engagement around community health related issues happening in Hickman County.
 - Health council members voted on the top three prioritized needs to address for their community based on secondary indicators and primary data from the key community interviews. Ascension Saint Thomas Hickman Hospital, in collaboration with the Hickman County Health Department and Hickman County Health Council, used Mentimeter, an online voting tool to rank their 1st, 2nd, and 3rd most significant health needs in Hickman County. The results were computed using Menti online voting software to prioritize health needs in the county. Hickman County Health Council participants agreed that the data shared during the community meeting supported the voted on prioritized needs.

Input of those with special knowledge or expertise in public health

The Regional Health Department, Hickman County Health Council and Hickman County Health Department and Health Director were consulted prior to beginning the CHNA process for advice and counsel. Representatives of the local health department participated in the interviews. These individuals were instrumental in providing guidance, assistance and knowledge to the community health improvement process.



Consulting with persons representing the community's interests and taking into account input from persons who represent the broad interests of the community served by the hospital facility

29 community members were interviewed. Those selected were chosen based on their knowledge of Hickman County and its health needs. Ascension Saint Thomas Hickman Hospital, Hickman County Health Department and Hickman County health council recommended the interviewees who represented the broad interests of the community. The request to participate was done through email communication with community members; which represents a very broad swathe of the community representing many different agencies and organizations.

Solicit and take into account members of the medically underserved, uninsured, and minority population served by the hospital or their representatives.

Many of the interviewees were selected because they represented the medically underserved, uninsured and minority populations.



Key Community Member Interviews

On August 27, 2024, Ascension Saint Thomas Hickman Hospital conducted 12 one-on-one interviews with individuals representing at least 11 organizations and agencies in Hickman County as those interviewed were active in several organizations. Interviews took place on August 27, 2024 in person at Ascension Saint Thomas Hickman Hospital. We thank the following individuals for their willingness to volunteer their time and knowledge to this effort. The table below is a full listing of key community member interviewees.

Table 11: Key Community Member Interviewees

Organization	Represents
Chamber of Commerce	Businesses
Helping Hands	Non-profit, Low Income
City Mayor	All
County Mayor	All
Senior Center	Seniors
Hickman County Health Department	Public Health
AWARE Director Youth Mental Health	Mental Health
Emergency Medical Services	All
Primary Care Provider	Healthcare
Church of Christ	Religious Organization
Hickman County Times Newspaper	Newspaper

Conducted in person and via telephone, the key community members interviews loosely followed the following set of questions:

- 1. Can you share about your role(s) here in your community?
- 2. When I say "quality of life" what do you think about? How would you define "quality of life"?
- 3. Thinking about this shared definition, what are the top three things you believe you would improve QOL in your community?
- 4. What changes have you noticed in QOL for those who live in Hickman County?
- 5. What do you think are your community's strongest assets? For improving health?
- 6. What are the obstacles or challenges within your community? For improving health?



- 7. What would you say are the top three issues specific to health or health care that you are most concerned about in Hickman County?
- 8. If you had a magic wand, what top initiatives would you implement in your community?

Hickman County Health Council Self-Assessment

In each county, there is a group of community members focused on improving the health of their county through a collaboration called a 'health council.' They are vital partners in the CHNA process and focus on the CHNA's priority health needs. The Hickman County health council was asked about priority health needs, changes related to the needs, and recommendations for improvement. The Hickman County health council self- assessment was held at Bernard Community Center in Centerville, Tennessee on September 4, 2024. Hickman County Health Department, Hickman County health council and other community members were integral in recruitment/coordination efforts for the Self Assessment session. During this self assessment health council members shared their commentary on why mental health and substance misuse are still needs to address in their community. Many of the health council members spoke from first hand experience with both need issues as well as provided recommendations of how the community can work together to provide resources and support.

- Participant Information: 17 people completed a participant survey for the self-assessment. The following demographics are based on the survey participants.
- Most participants lived and/or worked in Hickman County (88%) and (11%) neither lived nor worked in Hickman County.
- Most attended the health council meeting as a part of their professional role (70%), the remainder were working but attending as community members only (36%).

Organizations represented included Hickman County local schools, law enforcement, behavioral health support agencies, and local coalitions.

- 1. Is this still a prioritized need?
- 2. Has the priority improved, gotten worse, or remained the same?
- 3. What do you think has significantly impacted this priority need?
- 4. What are the barriers to progress with this priority need?
- 5. What would you recommend to address and improve this prioritized need? (e.g. resources, policies, or supports?)



Hickman County Health Council Self-Assessment interviewees

The table below is a full listing of Hickman County health council self-assessment interviewees.

Table 12: Hickman County Health Council Self-Assessment Interviewees

Organization	Represents
Hickman County Health Department	Public Health
American Job Center TN	Business
Goodwill Industries of Middle Tennessee, Inc.	Business
United Way Greater Nashville	All
Youth Villages	Family, Behavioral Health
TN Department of Human Services-Division of Rehabilitation Services/Vocational Rehabilitation	Public Health
Ascension Saint Thomas Hickman Hospital	Healthcare, Non-profit
Mental Health Cooperative	Mental Health
TN Department of Disability and Aging	Public Health, Aging communities
Smile on 65+	Healthcare, Dentistry
TN Department of Health South Central Regional Office	Public Health

Community Meeting with Hickman County Health Council

The Hickman County health council held a meeting on December 4, 2024 with 25 members in attendance. Below are the organizations and agencies in Hickman County in attendance to hear a summary of secondary and primary data as well as prioritize the most significant community health needs. During this presentation of primary and secondary data, health council members were asked for feedback regarding the data. Time for feedback was allowed to hear from the health council members if they agree, disagree or have further questions about what was presented. Many health council members agreed that Mental Health, Substance Misuse, and Access to Care/Insurance were the main community prioritized needs. These comments were also supported via key community member interviews and health council self assessment that highlighted these needs as well. We thank the



following organizations for their willingness to volunteer their time and knowledge to this effort. The table below is a full listing of community meeting with the Hickman County health council attendees.

Table 13: Hickman County Health Council Attendees

Organization	Represents
Tennessee Department of Health	Public Health
Nunnley Community Center	Community Organization
Pleasantville Community Center	Community Organization
Bernard Community Center	Community Organization
Women are Safe	Domestic Violence Support
Ascension Saint Thomas Hickman Hospital - Behavioral Health	Mental health
Centerstone	Mental health
Life Care Centerville	Seniors
TN Voices	Mental health
East Community Center	Community Organization
Hickman County Schools	Children & Youth
Clarvida	Behavioral health
Ascension Saint Thomas Hickman Hospital	Healthcare



Appendix D: Secondary Data and Sources

Summary of Secondary Data

Secondary data is data that has already been collected and published by another party. Both governmental and non-governmental agencies routinely collect secondary data reflective of the population's health status at the state and county levels through surveys and surveillance systems. Secondary data for this report was compiled from various reputable and reliable sources. A summary of the secondary data collected and analyzed through this assessment is outlined in the following tables.

The tables below are based on data vetted, compiled, and made available on the County Health Rankings and Roadmaps (CHRR) website (https://www.countyhealthrankings.org/). The site is maintained by the University of Wisconsin Population Health Institute, School of Medicine and Public Health, with funding from the Robert Wood Johnson Foundation. CHRR obtains and cites data from other public sources that are reliable. CHRR also shares trending data on some indicators.

CHRR compiles new data annually and shares it with the public. The data below is from the 2024 publication. It is important to understand that reliable data is generally two to three years behind due to the importance of careful analysis.

How to Read These Charts					
Why they are important:	Explains why we monitor and track these measures in a community and how they relate to health. The descriptions for "why they are important" are largely drawn from the County Health Rankings & Roadmaps websites.				
County vs. State:	Describes how the county's most recent health issue data compares to the state average.				
United States (U.S.)	Describes how the county's most recent health issue data compares to the U.S.				
Description:	Explain what the indicator measures, how it is measured, and who is included. NA: Not available or not applicable. There might not be available data for the community on every measure. Some measures will not be comparable.				



Table 14: Health Outcomes

Why they are important: Health outcomes reflect how healthy a county is right now. They reflect the physical and mental well-being of members within a community. NA= not available

Indicators	Trend	Hickman	TN	U.S.	Description	
Length of Life						
Premature death	A	13,623	11,043	8,000	Years of potential life lost before age 75 per 100,000 population (age-adjusted)	
Life expectancy	×	71.8	74	78	How long the average person is expected to live	
Infant mortality	NA	NA	6.9	6.0	Number of all infant deaths (within one year) per 1,000 live births	
Physical Health						
Poor or fair health	×	21%	18%	14%	Percentage of adults reporting fair or poor health	
Poor physical health Days	×	4.5	4.1	3.1	Average number of physically unhealthy days reported in the past 30 days (age-adjusted)	
Frequent physical distress	×	14%	13%	10%	Percentage of adults with 14 or more days of poor physical health per month	
Low birth weight	NA	7%	9%	8%	Percentage of babies born too small (less than 2,500 grams)	
Falls 65+ (by state)	NA	NA	31.2%	27.6%	Older adult falls reported by state	
Fall fatalities 65+ (by state)	NA	NA	85.9	78.0	Number of injury deaths due to falls among those 65 years of age and over per 100,000 population	
Mental Health						
Poor mental health days	A	6.2	5.8	4.8	Average number of mentally unhealthy days reported in the past 30 days	
Frequent mental distress	NA	20%	19%	15%	Percentage of adults reporting 14 or more days of poor mental health per month	
Suicide	NA	26.9	17	14	Number of deaths due to suicide per 100,000	
Morbidity						
Diabetes prevalence	NA	11%	12%	10%	Percentage of adults ages 20 and above with diagnosed diabetes	
Cancer deaths (by state)	NA	292.8	208.2	182.6	Average annual cancer death rate per 100,000	
Communicable Disea	Communicable Disease					
HIV prevalence	A	212.5	318.1	382.0	Number of people ages 13 years and over with a diagnosis of HIV per 100,000	
Sexually transmitted infections	×	289	562	496	Number of newly diagnosed chlamydia cases per 100,000	

Source: County Health Rankings, 2024, AHR fall rates, 2020, CDC falls, 2020-2021; State Cancer Profiles, 2017-2021



Table 15: Social and Economic Factors

Why they are important: These factors have a significant effect on our health. They affect our ability to make healthy decisions, afford medical care, afford housing and food, manage stress, and more.

Indicator	Trend	Hickman	TN	U.S.	Description		
Economic Stability							
Median household income	A	\$54,669	\$64,035	\$75,149	The income where half of households in a county earn more and half of households earn less		
Unemployment	×	2.4%	3.4%	3.7%	Percentage of population ages 16 and older unemployed but seeking work		
Poverty	×	14.5%	13.3%	11.5%	Percentage of population living below the federal poverty line		
Childhood poverty	NA	20%	18%	16%	Percentage of people under age 18 in poverty		
Educational Attain	ment						
High school completion	NA	82.5%	89.3%	89.1%	Percentage of adults ages 25 and over with a high school diploma or equivalent		
Some college	A	43%	63%	68%	Percentage of adults ages 25-44 with some post-secondary education		
Social/Community							
Children in single-parent homes	NA	29%	28%	25%	Percentage of children who live in a household headed by a single parent		
Social associations	NA	4.3	11.0	9.7	Number of membership associations per 10,000 population		
Disconnected youth	NA	NA	7%	7%	Percentage of teens and young adults ages 16-19 who are neither working nor in school		
Violent crime	NA	NA	621.6	380.7	Number of reported violent crime offenses per 100,000 population		
Access to Healthy	Access to Healthy Foods						
Food environment index	NA	8.0	6.5	7.7	Index of factors that contribute to a healthy food environment (0 = worst, 10 = best)		
Food insecurity	NA	12%	12%	10%	Percentage of the population who lack adequate access to food		
Limited access to healthy foods	NA	4%	9%	6%	Percentage of the population who are low-income and do not live close to a grocery store		

Source: County Health Rankings, 2024, FBI Crime Data Explorer, 2023; Bureau of Labor Statistics, 2024



Table 16: Physical Environment

Why they are important: The physical environment is where people live, learn, work, and play. The physical environment impacts our air, water, housing, and transportation to work or school. A poor physical environment can affect our ability and that of our families and neighbors to live long and healthy lives.

Indicator	Trend	Hickman	TN	U.S.	Description		
Physical Environ	Physical Environment						
Severe housing cost burden	K	6%	12%	14%	Percentage of households that spend 50 percent or more of their household income on housing		
Severe housing problems	NA	10%	13%	17%	Percentage of households with at least one of four housing problems: overcrowding, high housing costs, lack of kitchen facilities, and/or lack of plumbing facilities		
Air pollution: particulate matter	×	7.0	7.6	7.4	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)		
Home ownership	NA	79%	67.1%	65.0%	Percentage of occupied housing units that are owned		

Source: County Health Rankings, 2024

Table 17: Clinical Care

Why it is important: Access to affordable, quality care can help detect issues sooner and prevent disease. This can help individuals live longer and have healthier lives.

Indicator	Trend	Hickman	TN	U.S.	Description	
Healthcare Access						
Uninsured	NA	13%	12%	10%	Percentage of population under age 65 without health insurance	
Uninsured adults	NA	16%	14.6%	12.0%	Percentage of adults under age 65 without health insurance	
Uninsured children	NA	6.0%	4.6%	5.0%	Percentage of children under age 19 without health insurance	
Primary care physicians	NA	5,061	1,440	1,330	Ratio of the population to primary care physicians	
Mental healthcare providers	×	1,497	530	320	Ratio of the population to mental healthcare providers	
Hospital Utilization						
Preventable hospital stays	×	2,134	2,896	2,681	Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees	



Preventive Healthcare					
Flu vaccinations	×	38%	47%	46%	Percentage of fee-for-service Medicare enrollees who had an annual flu vaccination
Mammography screenings	NA	36%	42%	43%	Percentage of female Medicare enrollees ages 65-74 who received an annual mammography screening

Source: County Health Rankings, 2024

Table 18: Health Behaviors

Why they are important: Health behaviors are actions individuals take that can affect their health. These actions can lead to positive health outcomes or they can increase someone's risk of disease and premature death. It is important to understand that not all people have the same opportunities to engage in healthier behaviors.

Indicator	Trend	Hickman	TN	U.S.	Description	
Healthy Lifestyle						
Adult obesity	NA	37%	36%	34%	Percentage of the adult population (ages 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m2	
Physical inactivity	×	31%	27%	23%	Percentage of adults ages 20 and over reporting no leisure-time physical activity	
Access to exercise opportunities		31%	67%	84%	Percentage of population with adequate access to locations for physical activity	
Insufficient sleep	1	36%	34%	33%	Percentage of adults who report fewer than seven hours of sleep on average	
Motor vehicle crash deaths	×	36.7	17	12	Number of motor vehicle crash deaths per 100,000 population	
Teen births	×	29	24	17	Number of births per 1,000 female population ages 15-19	
Substance Misus	se					
Adult smoking	NA	25%	20%	15%	Percentage of adults who are current smokers	
Excessive drinking	NA	16%	17%	18%	Percentage of adults reporting binge or heavy alcohol drinking	
Alcohol-impaired driving deaths	NA	19%	24%	26%	Alcohol-impaired driving deaths	
Overdose deaths: any opioids by state	NA	59.0	45.0	24.4	Rate of opioid-related deaths by state per 100,000 persons	
Sexual Health						
Sexually transmitted infections	×	289	562.4	495.5	Number of newly diagnosed chlamydia cases per 100,000 population	

Sources: County Health Rankings, 2024, TN Dept of Health Drug Overdose dashboard, Drug Overdose Deaths Involving All Opioids. 2018-2022. CDC. 2022



Table 19: Disparities

Why they are important: Differences in access to opportunities that affect health can create differences between groups of people in the community. A focus on equity is important to improve health for everyone in the community.

Indicator	Population	Measure					
Health Disparities							
Premature death: Years of potential	Overall Tennessee	10,731.3					
life lost before age 75 per 100,000 population (age-adjusted)	Non-Hispanic White	10,014.6					
population (age asjactes)	Non-Hispanic Black	15,316.7					
	Non-Hispanic American Indian/Alaska Native	5,053.4					
	Non-Hispaic Asian/HI native/Pacific Islander	3,934.3					
	Hispanic all races	7,447.5					
Low birthweight: Percentage of live	Overall Tennessee	9%					
births with low birthweight (< 2,500 grams)	Asian	9.1%					
	Non-Hispanic Black / African American	14.9%					
	Hispanic / Latino	7.5%					
	American Indian or Alaska Native	7.5%					
	Non-Hispanic White	7.5%					

Source: CDC Wonder. 2020 March of Dimes 2020-2022



Appendix E: Health Care Facilities and Community Resources

As part of the CHNA process, Ascension Saint Thomas Hickman Hospital has cataloged resources available in Hickman County that respond to the prioritized needs identified in this CHNA. Resources may include acute care facilities (hospitals), primary and specialty care clinics and practices, mental health providers, and other non-profit services. State and national resources can also provide information regarding programs that can better serve the needs of a person experiencing a specific problem.

The resources listed under each significant need heading are not intended to be exhaustive.

Access to Care Resources

Organization	Phone	Website
Ascension Saint Thomas Hickman Hospital	931-729-4271	Ascension Saint Thomas Hickman Hospital
Three Rivers Community Health - Hickman	931-589-2104	Three Rivers Community Health- Hickman
Ascension Medical Group Saint Thomas Hickman Medical Clinic	931-729-3091	Ascension Medical Partners Hickman Medical Clinic
Fast Pace Urgent Care	931-729-5551	<u>Fast Pace Urgent Care</u>
Hickman County Health Department	931- 729-3516	Hickman County Health Department

Mental Health Resources

Organization	Phone	Website
Statewide Crisis Line	855-CRISIS-1 (855-274-7471)	Statewide Crisis Line
Suicide & Crisis Lifeline	988	Suicide & Crisis Lifeline

Substance Use Disorder Resources

Organization	Phone	Website
Tennessee REDLINE	800-680-0633	Tennessee REDLINE
AA and NA meetings	800-559-2252	Alcoholics Anonymous , Narcotics Anonymous



Appendix F: Evaluation of Impact from the Previous CHNA Implementation Strategy

Ascension Saint Thomas Hickman Hospital 2021 CHNA implementation strategy responded to the following priority health needs: Access to Care, Mental Health, and Substance Misuse.

The tables below describe the actions taken during the 2022-2024 CHNA implementation strategy cycle to respond to each priority need.

Note: At the time of the report publication (June 2025), the third year of the cycle will not be complete. The hospital will accommodate for that variable; results from the last year of this cycle will be reported and attached to the 2023 IRS Form 990/Schedule H.

Access to Care

ACTION(S) TAKEN	RESULTS
Increase access to care through mobile health	FY23 Due to staffing changes this strategy is on hold FY24 The mobile mammography bus provided 53 mammograms to uninsured women in Hickman County FY25 YTD The mobile mammography bus provided 12 mammograms to uninsured women in Hickman County
Identify and address barriers to care within the community, with special attentions to persons who are underserved and/or marginalized	FY23 45,409 patients screened system wide using the social determinants of health screener. FY24 Nearly 60,000 individuals were screened for Social Determinants of Health needs across Ascension Saint Thomas FY25 YTD SDOH screenings data collection is on-going and over 69,000 individuals were screened across the Ascension Tennessee market.
Enhance Coordination And Navigation Of Resources	FY23 Enhancement to neighborhood resources platform to assist care management with referral of patients to community resources. FY24 AST Awarded two Community Health Worker (CHW) grants to focus on creating an infrastructure for CHWs throughout the Ascension Saint Thomas ministry FY25YTD Continue to build AST CHW infrastructure for awarded Community Health Worker Grants. Continued increase of Neighborhood Resources platform site utilization and increased resource based searches on the platform. \$16,000 Community Investments for Hickman County Schools and Helping Hands Hickman



Provide Health Insurance Enrollment And Navigation Assistance To Community Members Who Are Uninsured Or Underinsured.	FY23 987 applications for medicare/caid completed with assistance from patient navigator FY24 1222 applications for medicare/caid completed with assistance from patient navigator FY25 YTD 869 applications for medicare/caid completed with assistance from patient navigator
Building And Refining Pipeline Programs To Support Healthcare Knowledge Base.	FY23 11 students signed up for the Scholars Program and 10 student passed their CCMA examinations within the Hickman County School system FY24 15 students signed up for the Scholars Program and 11 students passed CCMA examinations within the Hickman County School system FY25 YTD 14 students signed up for the Scholars Program in Hickman County. Exam results will be available in April 2025
Provide Free Or Low-Cost Prescriptions For Qualifying Underinsured And Uninsured Individuals	FY23 Dispensed 5,148 prescriptions for 1,093 individuals in FY 23, an investment valued at more than \$279,000 FY24 Dispensed 4,397 prescriptions for 847 individuals in FY24, an investment valued at \$281,273 FY25 YTD Dispensed 3,153 prescriptions for 556 individuals an investment of \$224,560

Mental Health

ACTION(S) TAKEN	RESULTS
Integrate Mental Health Services, Support And/Or Education Into Outpatient Settings And/Or Emergency Department	1,477 patients screened for depression at Ascension Saint Thomas Hickman Hospital system wide 10,753 patients screened for anxiety Continued efforts with the CARES grant that centers around community centers coordinating resources and technology to provide mental health services to the youth and community FY24 Ascension Saint Thomas Hickman Hospital will launch intensive outpatient program for geriatric patients with psychiatric needs. 25,000 individuals were screened for depression at Ascension Saint Thomas Hickman Hospital FY25 YTD Over 93,000 patients screened for depression at Ascension Saint Thomas system wide.



AST EMS grant awarded for first responder mental health. This grant will support a mental health resiliency training program and community paramedic program to support the needs of psychiatric patients. AST Mental Health Workgroup continues to discuss what next steps and resources available for patients after depression screeners have been completed on patients.

Substance Misuse

ACTION(S) TAKEN	RESULTS
Increase Opportunities To Engage In Substance Use Disorder Prevention, Identification And Treatment	Exploring a Medication Assisted Treatment program with a local community partner to set up a mobile health unit. 32,976 patients were screened system wide for alcohol use and 8,437 patients were screened system wide for opioid risk. Began to set up processes for dispensing free naloxone nasal spray through a state grant/ county program and Ascension Rx pharmacies. FY24 Ascension Saint Thomas across the system 75,000 individuals have been screened for alcohol misuse and over 16,000 individuals have been screened for opioid risk. Ascension Saint Thomas Hickman Hospital offers free naloxone nasal spray through a state grant or county program at our facilities and Ascension Rx pharmacies Planning for the Medication Assisted Treatment mobile unit partnership with Cedar Recovery. The MAT mobile unit primary focus will be Hickman and surrounding counties, with appointments and walk-ins the mobile mat is a community resource that will have appointments and walk-ins available FY25YTD Medication Assisted Treatment mobile unit with local community partner was launched and started taking appointments and walk-ins. Ascension Saint Thomas across the system over 65,000 individuals have been screened for alcohol misuse and over 10,000 individuals have been screened for opioid risk.