

# Morristown-Hamblen Healthcare System 2017-2019 Community Needs Assessment Implementation Plan

## Identified Community Needs:

1. Obesity
2. Tobacco
3. Prescription Drug Abuse
4. Cancer
5. Mental Health

## Implementation Strategy to Address Needs:

### 1. Obesity

- **Get on Trails Patch Program**
  - Morristown-Hamblen Healthcare System will promote Covenant Health's "Get on Trails" to encourage residents to get out and walk local trails. Participants agree to walk 25 miles during May-June, record their trails and distances, and redeem their hard work for a 2.5-inch embroidered patch. Each subsequent year will have a new patch to be earned. Morristown-Hamblen Healthcare System will partner with local Panther Creek State Park and publicize this program to its employees and to the community at large.
- **Healthy Hamblen County Commission**
  - Morristown-Hamblen Healthcare System participates in a series of community exercise events. Local patients and residents are able to participate in walk events and to try multiple types of exercise and fitness opportunities.
- **Covenant Health Biggest Winner Program**
  - Twice yearly Morristown-Hamblen Healthcare System participates with other Covenant Health organizations in a Biggest Winner employee health improvement program. Each program cycle can include up to 20 employees who focus on weight loss and improving personal health biometrics. Local greenways and trails are used for the exercise component. Pre- and post-testing are provided for participants to track their health improvements.
- **Friday Fitness Club**
  - Morristown-Hamblen Healthcare System will initiate a Friday Fitness Club. This will be a collaborative effort with Hamblen County Parks and Recreation and are state parks. Once a month on a Friday a joint hike will be sponsored by the organizations.

## 2. Tobacco

- **Freedom from Smoking**

- Morristown-Hamblen Healthcare System will continue to offer “Freedom from Smoking®” classes through the hospital’s cardiopulmonary rehab program. The smoking cessation program is a six-class series that helps participants identify people, places and things that trigger their urge to smoke, and create a smoking plan that fits their individual needs, and receive support to avoid a relapse. The classes are offered quarterly and the \$50 course fee is refundable upon complete of all six classes.

- **Be Smart, Don’t Start (#tobaccofreehc)**

- This is a collaboration between Morristown-Hamblen Healthcare System, Hamblen County Health Department and Hamblen County Department of Education to reduce smoking among teens in Hamblen County. The campaign includes advertising at local football games and a no-smoking pledge taken by students.

## 3. Prescription Drug Abuse

- **Prescription Drug Task Force**

- Morristown-Hamblen Healthcare System leaders are active members of the local Prescription Drug Task Force, which also includes local judicial and health department officials. The Task Force is currently developing solutions for prescription drug abuse in Hamblen County.

## 4. Cancer

- **Low-Dose CT Screening**

- Morristown-Hamblen Healthcare System offers Low-dose CT scans as a diagnostic screening for those at higher risk for lung cancer. The procedure is painless and takes about ten seconds; it is non-invasive and requires no medication. Low-dose CT must be ordered by a physician. Community outreach efforts are being made to educate primary care physicians on the benefits of this screening procedure. Data from scans are logged into the ACR Database for further analysis and study.

- **Thompson Cares Breast Health Program**

- Morristown-Hamblen Healthcare System participates in Thompson Cares Breast Health Program, a service of Thompson Cancer Survival Center. This program provides women with opportunities to receive screening mammograms regardless of their ability to pay.

## 5. Mental Health

- Morristown-Hamblen Healthcare System has chosen to focus resources on tangible, effective local efforts and will continue to collaborate with local mental health providers as needed and as resources are available.