

## Community Health Needs Assessment - Implementation Plan - 2018

**Priorities:** The two chosen priorities for Sampson Regional Medical Center to focus on over the next three years will be: Diabetes and Obesity.

- Obesity is a major risk factor for type 2 diabetes and for other chronic diseases like cancer, heart disease and stroke, which are the top three leading causes of death in Sampson County.
- Diabetes continues to climb at an alarming rate as a leading cause of death

For 2018, Obesity and Diabetes will be addressed. Programs like Journey to Health and Diabetes Education, created as part of 2014 Implementation Plan, will continue to be built upon.

### **OBESITY**

**History** – In 2014, **Journey to Health** was designed to get Sampson County healthier through fitness and education. Chronic diseases like heart disease, diabetes and obesity are preventable through lifestyle changes that include consistent healthy eating and exercise.

**Moving Forward in 2018** – In September 2017, SampsonRMC Community Wellness Committee was created to brainstorm and plan best way for SampsonRMC to help our community combat obesity and diabetes. Meeting notes may be found in Marketing, Community Wellness, Journey to Health file. To address obesity in Sampson County, **Journey to Health** will be recreated. The **2018** program will be revitalized to help lead our community towards a healthier lifestyle and away from obesity.

1. Journey to Health program will follow NC guidelines to address obesity. NC Plan to Address Obesity includes the Eat Smart, Move More NC initiative. The Eat Smart, Move More NC promotes seven evidence-based, individual health behaviors to reduce obesity. These core behaviors include:
  - a. increase **breastfeeding** (THIS WILL BE OFFERED INDEPENDENTLY)
  - b. increase physical activity (**Move More**),
  - c. increase consumption of fruits and vegetables (**Eat More Fruits and Vegetables**),
  - d. reduce consumption of energy-dense foods by **Eating More at Home**,
  - e. **Right-size Your Portions** to reduce consumption of energy-dense foods
  - f. decrease consumption of sugar-sweetened beverages (**Drink More Water**) and
  - g. reduce screen time (**Watch Less TV**)
2. Journey to Health will be:
  - a. A free, 8-week program- offered quarterly throughout the year
  - b. offered onsite at TCHW and/or offsite as requested
  - c. Packaged to share with other organizations
    - i. They can facilitate with our resources
    - ii. We can take it out and teach/conduct class
  - d. Data collection will include:
    - i. Pre and post assessment (on lifestyle, habits, willingness to change)
    - ii. Pre and post weight
3. Journey to Health will be facilitated by Sampson Regional Medical Center and The Center for Health + Wellness staff.
4. Journey to Health participants will be admitted by referral from:
  - a. primary care provider
  - b. SCHD Diabetes Education program nurse educator

- c. Sampson County Human Resources office
  - d. SampsonRMC Human Resources dept or Community Wellness coordinator
  - e. The Center for Health+ Wellness Fitness Specialist
5. Journey to Health resources will include:
    - a. Educational PowerPoint presentation
    - b. Handouts provided by Eat Smart Move More NC initiative
  6. Journey to Health will be reevaluated each year by SampsonRMC Community Wellness Committee.
  7. Journey to Health – Breastfeed your Baby will be offered as a stand-alone class to capture appropriate audience. (See below.)
    - a. Offered in conjunction with SampsonRMC birthing class
    - b. Taught by La Leche League Leaders and SampsonRMC medical staff
  8. Community Partnerships will be created to work together to combat obesity in our community. SampsonRMC will offer Journey to Health program and continued support for participants.
    - a. Sampson County
    - b. NC Extension Agency
    - c. City of Clinton
    - d. La Leche League

## **DIABETES**

**History** - In 2014, a productive and successful Diabetes Education program was developed as part of the 2014 CNHA Implementation Plan.

**Moving forward in 2018** – To address the ongoing and increasing Diabetes diagnosis and for better utilization of community resources:

1. **Continue** partnerships created - SampsonRMC has merged its Diabetes Education program with the Sampson County Health Department (SCHD) Diabetes Self-Management Education program. This partnership will be nurtured to continue to reach as many pre-diabetic and diabetes patients as possible. Specifically:
  - a. SampsonRMC Community Wellness Coordinator and SCHD Diabetes Nurse Educator will work hand in hand to ensure that inpatients get to outpatient education program and then to follow-up with Sugar Buddies support group invitation.
  - b. This SampsonRMC/SCHD partnership, firmly in place, will continue to work together to reach as many participants as possible for Diabetes Education and the soon to be created National Diabetes Prevention Program. (See below.)
2. **Create** a National Diabetes Prevention Program. **National Diabetes Prevention Program (NDPP) will be developed and offered at The Center for Health + Wellness in JANUARY 2020.**
  - a. Planning and program development will begin at start of FY2019 with first class to be offered January 2020.
  - b. CDC guidelines and curriculum will be followed for this year long lifestyle change program to help prevent diabetes. NCPP is based on 3-year study by CDC on lifestyle changes as treatment for prevention of diabetes.

**Community Involvement** – As the above programs develop and progress, efforts to inform community leaders will be made. And other partnerships, like SampsonRMC and SCHD, will be created and developed. The goal is to bring all the key community organizations to the same table to share ideas and information about ongoing health improvement programs in Sampson County.