Community Health Needs Assessment (CHNA): Gibson County

Conducted by:
Jackson-Madison County General Hospital
Department of Business Development and Planning
Victoria S. Lake
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Megan Carefoot

For:
Gibson General Hospital
Humboldt General Hospital
Milan General Hospital

January 2012

RESOLUTION OF THE BOARD OF TRUSTEES
OF
JACKSON-MADISON COUNTY GENERAL HOSPITAL DISTRICT
AND
HUMBOLDT GENERAL HOSPITAL, INC.
AND
GIBSON GENERAL HEALTHCARE CORPORATION
AND
CAMDEN GENERAL HOSPITAL, INC.
AND
BOLIVAR GENERAL HOSPITAL, INC.
AND
MILAN GENERAL HOSPITAL, INC.
AND
PATHWAYS OF TENNESSEE, INC.

COMMUNITY HEALTH NEEDS ASSESSMENT APPROVAL

WHEREAS, the Patient Protection and Affordable Care Act, enacted March 10, 2010, required public and not-for-profit hospitals to perform a Community Health Needs Assessment for each hospital; and

WHEREAS, the staff of the District has conducted such an Assessment and prepared the report as required for each of its hospitals; and

WHEREAS, the Assessments were prepared in accordance with IRS issued Notice 2011-52 Notice Regarding Community Health Needs Assessments for Tax Exempt Hospitals; and

WHEREAS, the Board finds that the Assessments substantially meet the requirements of the of the Patient Protection and Affordable Care Act and the IRS Issued Notice 2011-52, and that the Implementation Strategies set forth in the Assessments shall be implemented in accordance with Management recommendations.

NOW, THEREFORE, BE IT RESOLVED, that the Community Health Needs Assessments given to the Board are approved and adopted.

ADOPTED, this the 25th day of September, 2012.

PHIL BRYANT, Chairman

Exhibit ___
Patient Protection and Affordable Care Act–Required Community Health Needs Assessments

Conducted By:
West Tennessee Healthcare Department of Business Development and Planning
Community Health Needs Assessments

- Conducted to fulfill requirements of the Patient Protection and Affordable Care Act enacted March 10, 2010.
- Required for all public and not-for-profit hospitals only
- Procedures followed and information provided in the reports meet requirements in IRS issued Notice 2011–52 Notice Regarding Community Health Needs Assessments for Tax Exempt Hospitals
- Hospital organizations with multiple hospitals must conduct community needs assessment for each hospital.
Community Health Needs Assessments

- Assessments conducted for the following counties:
  - Camden General Hospital–Benton County
  - Bolivar General Hospital–Hardeman County
  - Gibson General Hospital–Gibson County
  - Humboldt General Hospital–Gibson County
  - Milan General Hospital–Gibson County
  - Jackson–Madison County General Hospital–Madison, Crockett, Chester Counties
  - Pathways of Tennessee–Crockett, Dyer, Gibson, Hardeman, Haywood, Henderson, Lake, Madison, Obion, Weakley Counties
Community Health Needs Assessments

- Assessment must include the following:
  - Description of the community and how “community was determined”
  - Description of the process and methods used, including sources and dates of data collection, analytical methods used, information gaps, collaborating organizations
    - Report has 10 organizational goals, committee at each facility that worked on assessments, secondary data that was reviewed that included at least 3 years of trend data for each health issue, analytical method (Hanlon Method), information gaps, collaborating organizations
  - Description of how hospital considered input from persons representing broad interests of the community
  - Each county had a committee of community representatives who participated in data collection & process of prioritizing health issues
Community Health Needs Assessments

- Community surveys distributed throughout each county requesting information on perceptions of health issues facing the area
  - Number of returned surveys:
    - Madison County: 1,099
    - Gibson County: 387
    - Benton County: 158
    - Hardeman County: 425
    - Chester County: 145
    - Crockett County: 148
    - Pathways: 263
- Description of prioritizing health needs:
  - community committee input
  - Hospital staff use of Hanlon Method that considers size, seriousness, and effectiveness in prioritizing health issues
Community Health Needs Assessments

- Each report contains listing of health resources for each county.
- Community committee had reps from county health department, agencies serving low income & minorities
- Implementation strategies must be identified for each prioritized health issues
- Pathways of Tennessee identified health issues:
  - Chronic mental health
  - Depression
  - Domestic violence/anger management
  - Co–occurring (mental health and substance abuse)
  - Alcohol, illegal drugs, prescription drug use
## Community Health Needs Assessments

<table>
<thead>
<tr>
<th>Identified Health Issues by County</th>
<th>Benton</th>
<th>Chester</th>
<th>Crockett</th>
<th>Gibson</th>
<th>Hardeman</th>
<th>Madison</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Conditions</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Cancer</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Obesity</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Diabetes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Lived or Experienced/Medications</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Alcohol Use/Abuse/Drug Use</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>
Community Health Needs Assessments

- Implementation Strategies for Hospitals:
  - Use of HealthAwares with follow-up for those identified through risk assessment
  - Alice and Carl Kirkland Cancer Center services
  - LIFT wellness center and primary care clinics
  - Disease management
  - Local health screenings
  - Local exercise programs
  - Local health education classes
  - Numerous mental health, substance abuse outreach programming

- Assessments must be updated and revised very three (3) years
Burden of Chronic Disease

Heart disease, high blood pressure, obesity, diabetes, some cancers

LIFESTYLE FACTORS

Poor dietary choices, physical inactivity
Initiatives to Address Chronic Diseases

- LIFT Wellness Center
  - Medical fitness, clinical integration programs
    - Joint replacement, phase 3 cardiac rehab, bariatrics
- Healthy Heights Employee Wellness Program
  - WTH employees
  - Turn-key product available to other employers
- Disease Management Program
  - Diabetes, congestive heart failure (CHF)
  - Referred by physicians, employer groups, at hospital discharge, self-enroll
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Executive Summary
Gibson County Community Health Needs Assessment
Executive Summary

Under the leadership of Milan General Hospital, Humboldt General Hospital, and Gibson General Hospital a community health needs assessment of Gibson County, Tennessee was conducted in fulfillment of the requirements of the Patient Protection and Affordable Care Act Pub.L. No.111-148, 124 Stat. 119, enacted March 23, 2010. The community health needs assessment process was a blending of citizen perceptions of health issues facing the community with secondary data on the actual extent of particular problems. Community input on the perception of health issues facing the area was accomplished through a survey administered throughout the Gibson County community. Community input was also considered from a diverse group of community representatives. Gibson County needs were prioritized by a team of Hospital staff using a mathematical algorithm called the Hanlon Method.

Community input on the perception of health issues facing the area was accomplished through a survey administered throughout the Gibson County community. A total of 387 completed surveys were returned. The completed surveys were analyzed focusing on what percentage of the respondents thought a health issue “was not a problem,” “not sure,” or “was a problem” for the community. Community input was also considered from a diverse group of community representatives. The community committee narrowed a large list of health issues on the survey to nine (9). These 9 health issues were:

- Heart Conditions
- High Blood Pressure
- Cancer
- Obesity
- Asthma
- Diabetes
- Dementia/Alzheimer’s
- Arthritis
- Allergies

Further research was conducted by hospital staff to provide information on the size, seriousness, and available community resources for each of the 9 health issues identified by the community committee. Gibson County needs were prioritized by a team of Hospital staff using a mathematical algorithm called the Hanlon Method. The Hanlon Method, developed by Felix, Burdine and Associates, was used to assign numerical values to rate the size, seriousness, and effectiveness of available interventions for each health issue. Consistent and common resources identified for each health issue include the Gibson County Health Department, the Gibson County School Systems, local physician clinics, local churches, community and senior centers, civic clubs, local non-profit agencies, American Heart Association, American Cancer Society, American Diabetes Association, and American Association of Retired Persons.

As a result of reviewing secondary data on the size, seriousness, available community resources and utilizing the Hanlon Method algorithm, the hospital committee identified five priority health issues from the nine identified by the community committee. The five priority health issues:

- Heart Conditions
- High Blood Pressure
- Obesity
- Diabetes
- Cancer

Gibson General Hospital, Humboldt General Hospital, and Milan General Hospital have developed implementation strategies to address the five health issues identified through the community health needs assessment. The strategies emphasize preventive screenings, education, and collaboration with other community agencies. The hospitals in Gibson County are addressing heart conditions and high blood pressure using a threefold approach. First, the three hospitals, offer screening blood pressure screenings throughout the county at local events and health fairs. Blood pressure screenings are offered at industry health fairs, church health fairs, non-profit community agency health fairs, school health fairs, and community events such as the TeaPot Festival, Healthy Kids Day at the YMCA, and in-service days for the local school system. Second, the three hospitals all offer free blood pressure checks at their emergency rooms 24 hours a day/7 days a week free of charge. The free availability at any time of day or night of blood pressure screenings supervised by a health professional in a hospital setting is a major preventive strategy. Third, the three hospitals in Gibson County have also collaborated with the Jackson-Madison County General Hospital for a strategy to address has developed a strategy for addressing heart conditions and high blood pressure that focuses on early detection, risk assessment screening, consultation, referral to physician or healthcare professional, and development of an individualized program plan. This strategy is called HealthAware. The three hospitals in Gibson County conduct various cancer screenings throughout the community during the year. Breast cancer screenings are offered during the month of October. Prostate and skin cancer screenings are offered throughout the year at various community locations. Milan General Hospital is collaborating with the ACHIEVE Program of the Milan YMCA. The ACHIEVE program is a collaborative model that brings together community agencies to work together to define a healthier community. A two hour diabetic education class is offered on a rotating basis at Gibson General Hospital, Humboldt General Hospital, and Milan General Hospital.
Introduction

Under the leadership of Milan General Hospital, Humboldt General Hospital, and Gibson General Hospital a community health needs assessment of Gibson County, Tennessee was conducted in fulfillment of the requirements of the Patient Protection and Affordable Care Act Pub.L. No.111-148, 124 Stat. 119, enacted March 23, 2010. The community health needs assessment process was a blending of citizen perceptions of health issues facing the community with secondary data on the actual extent of particular problems. Community input on the perception of health issues facing the area was accomplished through a survey administered throughout the Gibson County community. Community input was also considered from a diverse group of community representatives. Gibson County needs were prioritized by a team of Hospital staff using a mathematical algorithm called the Hanlon Method. A prioritized list of needs, implementation activities and associate community resources are provided.

Description of the Hospital and Community

Gibson County, Tennessee has three hospitals all owned by the Jackson-Madison County General Hospital District. All three hospitals are members of the American Hospital Association, the Tennessee Hospital Association, and are accredited by The Joint Commission. All three hospitals also have been approved by the U.S. Department of Health and Human Services for participation in Medicare and Medicaid Programs. The service area for all three hospitals in Gibson, County, Tennessee.

Licensed for 77 acute care beds, Gibson General Hospital was purchased by the Jackson-Madison County General Hospital District in October 1994. The Hospital provides inpatient and outpatient services, emergency services 24 hours a day/7 days a week, an accredited laboratory that operates 24 hours a day, general medicine services, pharmacy, physical therapy, general surgery, radiology (computerized axial tomography, mammography, ultrasound, and diagnostic X-ray), internal medicine, and respiratory care and 10 swing beds. Gibson General Hospital is located in Trenton, Tennessee.

Humboldt General Hospital became part of the Jackson-Madison County General Hospital District in October 1989. Licensed for 62 beds, Humboldt General Hospital provides medical/surgical services, a recently renovated emergency department that is open 24 hours a day/7 days a week, respiratory care, physical therapy, radiology (computerized axial tomography, mammography, ultrasound, nuclear medicine, and diagnostic X-ray), pathology, laboratory, blood bank, social work services, and other ancillary services and 10 swing beds. The Hospital is located in Humboldt, Tennessee.
Milan General Hospital is licensed for 70 acute beds and was acquired by the Jackson-Madison County General Hospital District in 1997. Located in Milan, Tennessee, the Hospital provides general medical, outpatient rehabilitation services, general surgery, internal medicine, a medical/surgical nursing unit, a critical care unit, pathology and laboratory department, radiology (computerized axial tomography, mammography, ultrasound, and diagnostic X-ray), 24 hour/7 days a week emergency services, and social services and 12 swing beds.

The designated “community” for the needs assessment is Gibson County, Tennessee. With a 2010 population of 48,586, Gibson County is located in the rural Northwest Tennessee approximately 99 miles East of Memphis and 154 miles West of Nashville. The population is 79 percent Caucasian, 19 percent African American, and 2 percent Other races. According to the American Community Survey (2005-2009), 19 percent of the population is below the Federal poverty level. The per capita personal income level is $20,005. The population under 65 years of age represents 83 percent while the over age 65 population is 17 percent of the total. About 22 percent of the population age 25 and older does not have a high school diploma or GED; 38 percent have a high school diploma; 25 percent have some college, and 15 percent have a Bachelor’s degree or higher.

Gibson County has a wide range of industries that employ individuals living in and around the county. Gibson County is home to manufacturers such as: Kiesel Enterprises Inc., Consolidated Grain and Barge, Redco, Smith Farms, Wolff Farms, All-Weather Products, Federal Assembly, Gibson County Coal, Gibson Co. Warehousing, Hansen Corporation, Heritage Custom Fabrication, Highway Machine Company, Inc, Holzmeyer Die & Mold, Hurst Manufacturing, Industrial Concepts, Industrial Contractors, Midstates, Midwest Mechanical Services, Millennium Steel, Mission Manufacturing, Orion America, Peabody Energy, Riley Equipment Co., TMMI, Toyota Logistics, Toyota Tsusho, Toyota Boshuku America, and Vuteq.

The community has two colleges and universities: Bethel College (this is located in McKenzie) and Dyersburg State Community College.

The county seat of Gibson County is Trenton, Tennessee. The county has five special school districts: Humboldt City Schools (1,193 students), Milan City Schools (2,087 students), Trenton Special School District (1,337 students), Gibson County Schools (3,586 students), and Bradford Special School District (543 students).
Description of the Community Health Needs Assessment Survey Process

The mission of the Community Health Needs Assessment is to evaluate and improve the health status and wellbeing of the residents of Gibson County, Tennessee with an emphasis on preventive measures. The community health needs assessment of Gibson County, Tennessee was a blending of citizen perceptions of health issues facing the community with secondary data on the actual extent of particular problems.

The Community Health Needs Assessment had ten (10) organizational goals.

- To form alliances between Milan General Hospital, Humboldt General Hospital, Gibson General Hospital, non-profit organizations, and the community at large to assess, improve, and promote the community health of Gibson County, Tennessee.

- To identify internal resources already available to assist in improving community health.

- To assist in identifying available community health resources.

- To define “health” as it pertains to Gibson County, Tennessee.

- To identify collaborative participants.

- To educate and gain formal support of the West Tennessee Healthcare leadership team, the Board of Trustees, community leaders, and others.

- To assist in establishing baseline health status assessment of Gibson County by collecting and reviewing available data and statistics on residents’ perceptions of health issues facing the community and secondary data on such health issues.

- To assist in determining the standards against which to measure the current and future health status of the community.

- To assist in the communitywide establishment of health priorities and in facilitating collaborative planning, actions, and direction to improve the community health status and quality of life.

- To promote the need for ongoing evaluation of the community health assessment process to learn results, establish new goals and encourage further community action and involvement.
The first step in the community health needs assessment process was to identify an internal committee of hospital staff to organize the process, facilitate data collection, review and analyze the results. Members of Milan General Hospital, Humboldt General Hospital, and Gibson General Hospital staff committee were:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sherry Scruggs</td>
<td>Gibson General Hospital Administrator</td>
</tr>
<tr>
<td>John Carruth</td>
<td>Humboldt General Hospital Assistant Administrator &amp; Director of Nursing</td>
</tr>
<tr>
<td>Linda Wheelock</td>
<td>Milan General Hospital Director of Nursing</td>
</tr>
</tbody>
</table>

Hospital staff committee assisted with the development of an anonymous survey instrument that was used to collect input from a broad range of community interests. The survey instrument included questions on the perceptions of the respondents relative to communicable diseases, chronic health problems, family health concerns, access to health resources, community concerns, and demographics of age, race, education level, insurance, and residence. Respondents were asked on the survey to indicate whether they thought a particular health issue was “1=not a problem,” “2=not sure,” or “3=is a problem” for the Gibson County community. Locations to distribute the survey throughout the community were also suggested and discussed by committee members.

Upon completion of the survey instrument, a committee of community representatives was formed to review the survey instrument for completeness and assistance with interpretation of the results. An invitation to serve on the community committee was sent to prospective members from the Hospital Administrators of Milan General Hospital, Humboldt General Hospital, and Gibson General Hospital on January 10, 2011. A copy of this letter is included in Attachment A. Members of the committee represented a broad range of community interests in Gibson County. Members of the community committee were:

- Mayor Chris Crider, City of Milan
- Julianne Hart, City Recorder
- Tim Wright, City of Milan Police Chief
- Chief Chad Lowery, Medina Police
- Karen Welch, BST Instructor
- Steve Maloan, South Gibson County Middle School
- Cheri Childress, City of Milan
- Rex Tatum, Retired
- Dr. Gina Dieudonne, Rainbow Pediatric Clinic
- Chief Chester Owens, City of Milan Fire Department
- Janeice Frisbee, Bancorp South
Steve Bayko, Department of Education  
Major Allen Barker, City of Humboldt  
Dr. Keith Kirby, Jackson Clinic  
Ann Elliott, Gibson Health Department  
Doug Lockard, Trenton Housing Authority  
Pam Dethloff, Bradford Senior Citizen Center  
Harry Adcock, Patterson Center  
Tim McBride, Tennessee Department of Human Services  
Kellie Carroll, Gibson Special School District  
Dana Garner, Bradford Special School District  
Lisa Phillips, Trenton Special School District  
Peggy Davis, Trenton Adult Education/GED  
Julie Griggs, Dyersburg State Community College  
Rita Alexander, Gibson Electric Membership  
Mayor Tony Burris, City Government  
Allison Horner, Gibson Utility Gas District  

Membership on the community committee included Ann Elliott, Health Educator for the Gibson County Health Department. Mrs. Elliott has special knowledge of public health issues of influenza, sexually transmitted diseases, teenage pregnancy, HIV/AIDS, Hepatitis C, and access to health resources.

An introductory meeting of the community committee was held on January 10, 2011. At this meeting the process for conducting the community health needs assessment was reviewed and discussed. The draft survey instrument to collect citizen perception of health issues facing Gibson County was also reviewed and suggested changes and modifications were given by committee members. Locations to distribute the anonymous survey throughout the community were also suggested and discussed by committee members.

The survey instrument was finalized and then distributed by hand throughout the Gibson County community. Attachment B contains a copy of the survey instrument. The survey was distributed at the following locations on June 15, 2011.

Locations  
BancorpSouth Banks  
Bradford Senior Citizen Center  
Gibson Electric Company  
Milan General Hospital  
Gibson General Hospital  
Humboldt General Hospital  
Exchange Club Meeting  
Patterson Training Center  
Local Churches  
Health Fair
Schools

A total of 387 completed surveys were returned by September 1, 2011. The completed surveys were analyzed focusing on what percentage of the respondents thought a health issue “was not a problem,” “not sure,” or “was a problem” for the community.

**Community Health Needs Assessment Prioritization Process**
**Size, Seriousness, Effectiveness & Available Community Resources**

The survey results and a summary page were provided to the community committee which met on March 17, 2011 to review the data and results. The community committee was asked to narrow the list of 54 health issues on the survey instrument to a more manageable number. To assist with this process, hospital staff provided a summary page that highlighted health issues where at least 50 percent of the respondents indicated a health issue “was a problem” for the community. Attachment C contains the survey summary. For the following list of health issues, at least 50 percent of the respondents indicated it “was a problem” for the community.

- Heart Conditions
- Breast Cancer
- Obesity
- Diabetes
- Teenage Pregnancy
- Tobacco Use
- High Blood Pressure
- Arthritis
- Asthma
- Allergies
- Lack of financial resources for medical care
- Alcohol and Drug Abuse

Using the 50 percent threshold as a guide the community committee narrowed the list of health issues on the survey to nine (9). These 9 health issues were:

- Heart Condition
- Asthma
- Arthritis
- Allergies
- Dementia/Alzheimers
- High Blood Pressure
- Cancer
- Obesity
- Diabetes

The internal hospital staff committee was reconvened on September 1, 2011 to prioritize the list of nine health issues identified by the community committee for further research. The Hospital staff used a mathematical algorithm called the Hanlon Method, developed by Felix, Burdine and Associates, to assign numerical values to rate the size, seriousness, and effectiveness of available interventions for each health issue. The Hanlon Method algorithm is as follows:

\[ \text{Opportunity} = (A + 2B)C \]
A = size of the identified health problem  
B = seriousness of the identified health problem  
C = effectiveness of available interventions for the identified health problem  

A = Size  
Size is defined by the prevalence of a condition, characteristic, or disease in an entire population (or among a specific sub-group population). The numerical scoring for the size of a health issue is:  

<table>
<thead>
<tr>
<th>Percent of population with health problem</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>25%+</td>
<td>9-10</td>
</tr>
<tr>
<td>10-24%</td>
<td>7-8</td>
</tr>
<tr>
<td>1-9%</td>
<td>5-6</td>
</tr>
<tr>
<td>0.1-0.9%</td>
<td>3-4</td>
</tr>
<tr>
<td>0.01-0.09%</td>
<td>1-2</td>
</tr>
</tbody>
</table>

B = Seriousness  
Seriousness is defined by urgency to intervene, severity (leads to death?), disproportionate among vulnerable populations, or economic impact. The numerical scoring for seriousness of a health issue is:  

<table>
<thead>
<tr>
<th>How serious</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Serious</td>
<td>9-10</td>
</tr>
<tr>
<td>Serious</td>
<td>6-8</td>
</tr>
<tr>
<td>Moderately Serious</td>
<td>3-5</td>
</tr>
<tr>
<td>Not Serious</td>
<td>0-2</td>
</tr>
</tbody>
</table>

C = Effectiveness of Available Interventions  
Effectiveness of available interventions is defined by the “best real world” expectations for Milan General Hospital, Humboldt General Hospital, and Gibson General Hospital to be effective in addressing a health issue based on, in part, available community resources. The numerical scoring for effectiveness of available interventions is:  

<table>
<thead>
<tr>
<th>Effectiveness</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Effective (80%+)</td>
<td>10</td>
</tr>
<tr>
<td>Relatively Effective (60-79%)</td>
<td>8-9</td>
</tr>
<tr>
<td>Effective (40-59%)</td>
<td>6-7</td>
</tr>
<tr>
<td>Moderately Effective (20-39%)</td>
<td>4-5</td>
</tr>
<tr>
<td>Relatively Ineffective (&lt;20%)</td>
<td>0-3</td>
</tr>
</tbody>
</table>

Information on the Hanlon Method is found in Attachment D.
Further research was then conducted by hospital staff to provide information on the size, seriousness, and available community resources for each of the nine health issues identified by the community committee. Attachment E has data on the size of the health issues and Attachment F lists available community resources for each of the nine identified health issues. Consistent and common resources identified for each health issue in Attachment F include the Gibson County Health Department, the Gibson County School System, local physician clinics, local churches, community and senior centers, civic clubs, local non-profit agencies, American heart Association, American Cancer Society, American Diabetes Association, and American Association of Retired Persons.

Table 1 contains the Hanlon Method scoring for each identified health issue.

<table>
<thead>
<tr>
<th>Issue</th>
<th>A= Size</th>
<th>B= Seriousness</th>
<th>C= Effectiveness</th>
<th>Total (A+2B)C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Condition</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>192</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>9</td>
<td>9</td>
<td>8</td>
<td>216</td>
</tr>
<tr>
<td>Asthma</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>20</td>
</tr>
<tr>
<td>Cancer</td>
<td>8</td>
<td>8</td>
<td>6</td>
<td>144</td>
</tr>
<tr>
<td>Arthritis</td>
<td>8</td>
<td>2</td>
<td>2</td>
<td>64</td>
</tr>
<tr>
<td>Obesity</td>
<td>10</td>
<td>10</td>
<td>9</td>
<td>270</td>
</tr>
<tr>
<td>Allergies</td>
<td>9</td>
<td>2</td>
<td>2</td>
<td>26</td>
</tr>
<tr>
<td>Diabetes</td>
<td>9</td>
<td>9</td>
<td>6</td>
<td>162</td>
</tr>
<tr>
<td>Dementia/Alzheimers</td>
<td>8</td>
<td>2</td>
<td>2</td>
<td>24</td>
</tr>
</tbody>
</table>

As a result of reviewing secondary data on the size, seriousness, available community resources and utilizing the Hanlon Method algorithm, the hospital committee identified five priority health issues from the nine identified by the community committee. The five priority health issues:

Heart Conditions

High Blood Pressure

Cancer

Obesity

Diabetes
Implementation Strategies

Gibson General Hospital, Humboldt General Hospital, and Milan General Hospital have developed implementation strategies to address the five health issues identified through the community health needs assessment. The strategies emphasize preventive screenings, education, and collaboration with other community agencies.

Heart Conditions and High Blood Pressure

The hospitals in Gibson County are addressing heart conditions and high blood pressure using a threefold approach. First, the three hospitals, offer screening blood pressure screenings throughout the county at local events and health fairs. Blood pressure screenings are offered at industry health fairs, church health fairs, non-profit community agency health fairs, school health fairs, and community events such as the TeaPot Festival, Healthy Kids Day at the YMCA, and in-service days for the local school system. Second, the three hospitals all offer free blood pressure checks at their emergency rooms 24 hours a day/7 days a week free of charge. The free availability at any time of day or night of blood pressure screenings supervised by a health professional in a hospital setting is a major preventive strategy.

Third, the three hospitals in Gibson County have also collaborated with the Jackson-Madison County General Hospital for a strategy to address has developed a strategy for addressing heart conditions and high blood pressure that focuses on early detection, risk assessment screening, consultation, referral to physician or healthcare professional, and development of an individualized program plan. This strategy is called HealthAware.

HealthAware creates a transformational experience that compels unknowing victims of heart disease or hypertension to change behavior and commit to extend their health and lives. Participation in HealthAware is a five phase experience:

1. Outreach & Marketing
2. High-risk Patient Enrollment
3. Nurse Consultation
4. Triage
5. Intervention

HealthAware assesses the public, individual by individual, making them conscious of their risk for heart disease or hypertension. From the assessment a determination is made on the need to engage the participant’s primary care physician. Goals are set to modify controllable risks. HealthAware provides an opportunity to treat the disease (as an episode) before an uncontrolled, catastrophic event occurs. Through HealthAwares, Gibson General Hospital, Humboldt General Hospital, and Milan General Hospital in collaboration with Jackson-Madison
County General Hospital are resources for wellness not just sickness. Figure 1 contains an example of a personalized risk assessment report from the HeartAware Program. As shown in Figure 1, the risk assessment indicates the low, medium, high, or critical rating for cardiac risk factors of smoking, weight, blood pressure, cholesterol, diabetes, and family history. After the risk assessment is completed, the risk assessment report is generated. When risk is determined through the assessment, lab work and a nurse consultation is scheduled. Figure 2 contains a page from the consultation report reviewed by the nurse.

Figure 1

Risk Assessment Report
(Available to everyone that takes the online assessment)
The Tennessee Heart and Vascular Center at Jackson-Madison County General Hospital has developed proactive assessment processes for identifying individuals in the community at risk of heart disease and stroke. Gibson General Hospital, Humboldt General Hospital, and Milan General Hospital have worked with Jackson-Madison County General Hospital to implement this proactive assessment process in Gibson County. HeartAware and StrokeAware are free online or paper risk assessments that can be completed by an individual either through the West Tennessee Healthcare website, www.wth.org, or at a community event or health fair. Completing HeartAware or StrokeAware takes five to seven minutes. Persons age 34 or younger who present with four risk factors and persons over the age of 35 who present with two risk factors are eligible for free lab work including glucose and cholesterol blood tests and a one hour consultation with a registered nurse. Risk factors include age, gender, presence of diabetes, weight, physical activity, presence of high blood pressure, cholesterol, family history and tobacco use. A free personalized risk factor profile is created for each person completing the risk assessment.

During the free follow-up consultation with a registered nurse, lab test results are reviewed with the individual. Height, weight, blood pressure, waist circumference, and body mass index
are taken. The Clinical Information Management System (CIMS) program is utilized, which includes demographics, medical history with an emphasis on cardiovascular data, family history, and lifestyle information. Symptoms, past and present, are addressed. When a patient presents with particular vascular concerns, an Ankle Brachial Index (ABI) doppler assessment may be performed.

A Consultation Record Report is made by the nurse that includes a discussion of alternatives, medical information, and lifestyle choices for an individualized plan of intervention. Education consists of setting goals with the individual and encouraging further discussion with a primary care physician. When no existing relationship is available, individuals are provided information on clinics, health providers, and the public health department; although no certain individual or group is recommended. Further educational components include verbal instruction, written materials, online resources, and open discussion. Most appointments last one hour. The patient receives the contact number for the Aware office. A follow-up call is made close to one month past the appointment to assess progress towards specific goals.

HeartAware and StrokeAware are utilized extensively at health fairs, church events, in conjunction with the Mature Advantage Club, and events throughout Gibson County. Industry, employee wellness, and physician offices are also sites for conducting these risk assessments. Attachment G contains complete examples of personalized risk profiles and lab results for HeartAware and StrokeAware.

The Tennessee Heart and Vascular Center provides numerous blood pressure checks and access to HeartAware throughout the community especially during Heart Month each February.
Cancer

The three hospitals in Gibson County conduct various cancer screenings throughout the community during the year. Breast cancer screenings are offered during the month of October. Prostate and skin cancer screenings are offered throughout the year at various community locations.

Obesity

Milan General Hospital is collaborating with the ACHIEVE Program of the Milan YMCA. The ACHIEVE program is a collaborative model that brings together community agencies to work together is define a healthier community.

Diabetes

A two hour diabetic education class is offered on a rotating basis at Gibson General Hospital, Humboldt General Hospital, and Milan General Hospital.

Conclusion

The Gibson County Community Health Needs Assessment was presented to the West Tennessee Healthcare Quality Council on July 3, 2012. The document was approved for submission to the West Tennessee Healthcare Board of Trustees. A presentation was made to the Board of Trustees on September 25, 2012, and the Gibson County Community Health Needs Assessment was approved on this date. The Plan will be updated every three years.
MEMORANDUM

DATE: January 10, 2011

TO: Dr. Keith Kirby

FROM: John Carruth, Milan General Hospital
      Bill Kail, Humboldt General Hospital
      Sherry Scruggs, Gibson General Hospital

RE: Gibson County Community Health Assessment Community Committee

For many years, Milan General Hospital, Humboldt General Hospital, and Gibson General Hospital have served the residents of Gibson County. Over this period of time and especially in recent years, our hospitals have provided a wide range of community health activities that include medical screenings, health fairs, health education classes, sponsorships, and other activities.

In past years our hospitals have conducted needs assessments to ensure that the health activities conducted meet identified community needs. In addition, the recent Federal Patient Protection and Affordable Care Act (Health Care Reform) requires non-profit hospitals are required to conduct community needs assessments every three years.

We are beginning the process of assessing the community health needs in Gibson County that will be a blending of residents’ perceptions of the health issues facing us with health status and vital statistics on our community. We will distribute a survey throughout the community and then collect data on issues identified from the survey.

We invite you to be a member of the Gibson County Community Committee that will help us review the survey data, and narrow the list of health issues to a manageable number by focusing on the size, seriousness, and effectiveness of interventions. We anticipate this process will take three months and will include five (5) one hour meetings.
We ask you to attend the first introductory meeting of the Community Committee. The meeting will be held on Monday, February 7, 2011 at Humboldt General Hospital. The meeting will begin at 11:30 a.m. and will be concluded by 1:00 p.m. Lunch will be served.

Please contact Vicki Lake, Director of Market Research and Community Development of your attendance plans. She may be reached at 984-2160 or vicki.lake@wth.org. We appreciate your participation in this important process for Gibson County.
Gibson County
Community Health Assess.

We realize there are many health-related problems in the community. We need your help in defining the priority health programs in our community. We would like you to take a few minutes to answer some questions relating to your views on health problems facing West Tennessee. We appreciate your time and effort.

What area of Gibson County do you live?

- Medina
- Yorkville
- Bradford
- Idlewild
- Milan
- Rutherford
- Humboldt
- Trenton
- Dyer
- Gibson
- Kenton

The following is a list of problems experienced by many communities. Please indicate how much of a problem you feel each of these is for the West Tennessee area, including Gibson County. Indicate your choice as not a problem, not sure, or a problem.

### Communicable Diseases

<table>
<thead>
<tr>
<th>Disease</th>
<th>1 Not a Problem</th>
<th>2 Not Sure</th>
<th>3 Is a Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Tuberculosis (TB)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Influenza (Flu)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Sexually Transmitted Diseases</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. HIV/AIDS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Hepatitis C</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Chronic Health Problems

<table>
<thead>
<tr>
<th>Disease</th>
<th>1 Not a Problem</th>
<th>2 Not Sure</th>
<th>3 Is a Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>6. Emphysema (chronic obstructed pulmonary disease)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Heart Conditions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. High Blood Pressure</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Skin Cancer</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>10. Colon Cancer</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>11. Lung Cancer</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>12. Breast Cancer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Prostate Cancer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Arthritis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. Obesity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. Asthma</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. Diabetes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. Allergies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. Osteoporosis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. Dementia/Alzheimer's</td>
<td></td>
<td></td>
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<tr>
<td>. Hearing loss</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>22. Cataracts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23. Glaucoma</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Family Health Concerns

Response Definition: 1=Not a Problem  2=Not Sure  3=Is a Problem

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>25. Intimate partner violence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26. Child abuse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27. Motor vehicle accidents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28. Falls or fall-related injuries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29. Residential fires</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30. Dental care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31. Leisure accidents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>32. Infant deaths</td>
<td></td>
<td></td>
</tr>
<tr>
<td>33. Teenage pregnancy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Access to Health Resources

Response Definition: 1=Not a Problem  2=Not Sure  3=Is a Problem

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>34. Access to adult daycare</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35. Access to home health care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>36. Access to home care (sitter service)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>37. Access to care for special needs children</td>
<td></td>
<td></td>
</tr>
<tr>
<td>38. Lack of financial resources for medical care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>39. Access to healthy foods</td>
<td></td>
<td></td>
</tr>
<tr>
<td>40. Access to leisure time physical activity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>41. Access to transportation to health care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>42. Access to nursing home care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>43. Access to a primary care provider</td>
<td></td>
<td></td>
</tr>
<tr>
<td>44. Access to medical specialist</td>
<td></td>
<td></td>
</tr>
<tr>
<td>45. Access to medications</td>
<td></td>
<td></td>
</tr>
<tr>
<td>46. Access to education on wellness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>47. Access to education on healthy lifestyles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>48. Access to education on prevention</td>
<td></td>
<td></td>
</tr>
<tr>
<td>49. Access to facilities for exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50. Access to parks for recreation</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Gibson County
Community Health Assessment

Community Concerns:
Response Definition: 1=Not a Problem 2=Not Sure 3=Is a Problem

51. Illiteracy □ □ □
52. Tobacco use □ □ □
53. Violent crime □ □ □
54. Alcohol and Drug Abuse □ □ □

55. Do you consider yourself:
□ Overweight □ Underweight □ Obese □ Just Right

56. Age range:
□ 18 - 24 □ 25 - 34 □ 35 - 44 □ 45 - 54 □ 55 - 64 □ 65 +

57. Are you:
□ Male □ Female

58. Race:
□ Caucasian □ African American □ Native American
□ Asian/Pacific Islander □ Other

59. School:
□ Less than high school □ High school graduate/GED □ Some college
□ Associate degree □ Bachelors degree □ Advanced degree

60. What type of insurance do you have?
□ Medicare □ TennCare □ Private Insurance □ Other □ No Insurance

Comments
## GIBSON COMMUNITY HEALTH ASSESSMENT SURVEY RESULTS

Bancorp Banks, Gibson Senior Citizen, Gibson Electric, Gibson, Milan, and Humbold Hospital Staff, School Faculty/Staff, Exchange Club, Patterson Training Center, Health Fair

<table>
<thead>
<tr>
<th>What area of Gibson County do you live?</th>
<th>N= 387</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medina</td>
<td>17      5%</td>
</tr>
<tr>
<td>Yorkville</td>
<td>5       1%</td>
</tr>
<tr>
<td>Bradford</td>
<td>29      8%</td>
</tr>
<tr>
<td>Idlewild</td>
<td>1       0%</td>
</tr>
<tr>
<td>Milan</td>
<td>107     30%</td>
</tr>
<tr>
<td>Rutherford</td>
<td>10      3%</td>
</tr>
<tr>
<td>Humboldt</td>
<td>47      13%</td>
</tr>
<tr>
<td>Trenton</td>
<td>113     31%</td>
</tr>
<tr>
<td>Dyer</td>
<td>11      3%</td>
</tr>
<tr>
<td>Gibson</td>
<td>12      3%</td>
</tr>
<tr>
<td>Kenion</td>
<td>9       2%</td>
</tr>
</tbody>
</table>

(How much of a problem do you feel the health issues listed below are for Gibson County.)

### COMMUNICABLE DISEASE

<table>
<thead>
<tr>
<th>Tuberculosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not a problem</td>
</tr>
<tr>
<td>Not sure</td>
</tr>
<tr>
<td>Is a problem</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Influenza (flu)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not a problem</td>
</tr>
<tr>
<td>Not sure</td>
</tr>
<tr>
<td>Is a problem</td>
</tr>
</tbody>
</table>

### Sexually Transmitted Disease

| Not a problem                     | 66     17% |
| Not sure                          | 155    41% |
| Is a problem                      | 157    42% |

### HIV/AIDS

| Not a problem                     | 89     24% |
| Not sure                          | 229    61% |
| Is a problem                      | 60     16% |

### Hepatitis C

| Not a problem                     | 92     24% |
| Not sure                          | 235    62% |
| Is a problem                      | 49     13% |

### CHRONIC HEALTH PROBLEMS

<table>
<thead>
<tr>
<th>Emphysema</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not a problem</td>
</tr>
<tr>
<td>Not sure</td>
</tr>
<tr>
<td>Is a problem</td>
</tr>
</tbody>
</table>

**Heart Conditions

| Not a problem                     | 49     13% |
| Not sure                          | 77     20% |

**High Blood Pressure

| Not a problem                     | 34     9% |
| Not sure                          | 57     15% |

<p>| Is a problem                      | 290    76% |</p>
<table>
<thead>
<tr>
<th>Condition</th>
<th>Not a problem</th>
<th>Not sure</th>
<th>Is a problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin Cancer</td>
<td>65</td>
<td>178</td>
<td>134</td>
</tr>
<tr>
<td>Colon Cancer</td>
<td>64</td>
<td>172</td>
<td>148</td>
</tr>
<tr>
<td>Lung Cancer</td>
<td>67</td>
<td>147</td>
<td>167</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>61</td>
<td>102</td>
<td>215</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>62</td>
<td>145</td>
<td>172</td>
</tr>
<tr>
<td>Arthritis</td>
<td>40</td>
<td>81</td>
<td>255</td>
</tr>
<tr>
<td>Obesity</td>
<td>41</td>
<td>52</td>
<td>230</td>
</tr>
<tr>
<td>Asthma</td>
<td>55</td>
<td>112</td>
<td>212</td>
</tr>
<tr>
<td>Diabetes</td>
<td>43</td>
<td>66</td>
<td>271</td>
</tr>
<tr>
<td>Allergies</td>
<td>40</td>
<td>58</td>
<td>282</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>66</td>
<td>170</td>
<td>142</td>
</tr>
<tr>
<td>Dementia/Alzheimers</td>
<td>63</td>
<td>140</td>
<td>177</td>
</tr>
<tr>
<td>Hearing loss</td>
<td>71</td>
<td>180</td>
<td>129</td>
</tr>
<tr>
<td>Family Health Concerns</td>
<td>Not a Problem</td>
<td>Not Sure</td>
<td>Is a Problem</td>
</tr>
<tr>
<td>------------------------</td>
<td>--------------</td>
<td>----------</td>
<td>-------------</td>
</tr>
<tr>
<td>Cataracts</td>
<td>65 (17%)</td>
<td>196 (52%)</td>
<td>117 (31%)</td>
</tr>
<tr>
<td>Glaucoma</td>
<td>79 (21%)</td>
<td>225 (59%)</td>
<td>75 (20%)</td>
</tr>
<tr>
<td>Macular Degeneration</td>
<td>23 (16%)</td>
<td>106 (73%)</td>
<td>16 (11%)</td>
</tr>
</tbody>
</table>

**FAMILY HEALTH CONCERNS**

<table>
<thead>
<tr>
<th>Intimate Partner Violence</th>
<th>Not a Problem</th>
<th>Not Sure</th>
<th>Is a Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>65 (17%)</td>
<td>179 (47%)</td>
<td>134 (35%)</td>
</tr>
<tr>
<td>Child Abuse</td>
<td>67 (18%)</td>
<td>136 (36%)</td>
<td>177 (47%)</td>
</tr>
<tr>
<td>Motor Vehicle Accidents</td>
<td>82 (22%)</td>
<td>138 (36%)</td>
<td>159 (42%)</td>
</tr>
<tr>
<td>Falls or Fall Related Injuries</td>
<td>75 (20%)</td>
<td>187 (49%)</td>
<td>117 (31%)</td>
</tr>
<tr>
<td>Residential Fires</td>
<td>116 (31%)</td>
<td>192 (51%)</td>
<td>72 (19%)</td>
</tr>
<tr>
<td>Dental Care</td>
<td>78 (21%)</td>
<td>138 (36%)</td>
<td>164 (43%)</td>
</tr>
<tr>
<td>Leisure Accidents</td>
<td>103 (27%)</td>
<td>225 (59%)</td>
<td>52 (14%)</td>
</tr>
<tr>
<td>Infant Deaths</td>
<td>106 (28%)</td>
<td>220 (58%)</td>
<td>53 (14%)</td>
</tr>
<tr>
<td><strong>Teenage Pregnancy</strong></td>
<td>51 (13%)</td>
<td>62 (16%)</td>
<td></td>
</tr>
</tbody>
</table>

**Access to Health Resources**

<table>
<thead>
<tr>
<th>Access to Adult Daycare</th>
<th>Not a Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>102 (27%)</td>
</tr>
<tr>
<td>Access to care</td>
<td>Not a problem</td>
</tr>
<tr>
<td>---------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Access to home health care</td>
<td>161</td>
</tr>
<tr>
<td>Access to home care (sitter service)</td>
<td>115</td>
</tr>
<tr>
<td>Access to care for special needs children</td>
<td>111</td>
</tr>
<tr>
<td>Lack of financial resources for medical care</td>
<td>56</td>
</tr>
<tr>
<td>Access to healthy foods</td>
<td>152</td>
</tr>
<tr>
<td>Access to leisure time physical activity</td>
<td>176</td>
</tr>
<tr>
<td>Access to transportation to health care</td>
<td>135</td>
</tr>
<tr>
<td>Access to nursing home care</td>
<td>169</td>
</tr>
<tr>
<td>Access to a primary care provider</td>
<td>168</td>
</tr>
<tr>
<td>Access to medical specialist</td>
<td>152</td>
</tr>
<tr>
<td>Access to medications</td>
<td>183</td>
</tr>
<tr>
<td>Access to education on wellness</td>
<td>158</td>
</tr>
<tr>
<td>Access to education on healthy lifestyles</td>
<td></td>
</tr>
<tr>
<td>Community Concern</td>
<td>Count</td>
</tr>
<tr>
<td>----------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Not a problem</td>
<td>150</td>
</tr>
<tr>
<td>Not sure</td>
<td>126</td>
</tr>
<tr>
<td>Is a problem</td>
<td>100</td>
</tr>
<tr>
<td><strong>Access to education on prevention</strong></td>
<td></td>
</tr>
<tr>
<td>Not a problem</td>
<td>148</td>
</tr>
<tr>
<td>Not sure</td>
<td>137</td>
</tr>
<tr>
<td>Is a problem</td>
<td>93</td>
</tr>
<tr>
<td><strong>Access to facilities for exercise</strong></td>
<td></td>
</tr>
<tr>
<td>Not a problem</td>
<td>190</td>
</tr>
<tr>
<td>Not sure</td>
<td>101</td>
</tr>
<tr>
<td>Is a problem</td>
<td>86</td>
</tr>
<tr>
<td><strong>Access to parks and recreation</strong></td>
<td></td>
</tr>
<tr>
<td>Not a problem</td>
<td>246</td>
</tr>
<tr>
<td>Not sure</td>
<td>85</td>
</tr>
<tr>
<td>Is a problem</td>
<td>49</td>
</tr>
</tbody>
</table>

**COMMUNITY CONCERNS**

<table>
<thead>
<tr>
<th>Illiteracy</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Not a problem</td>
<td>68</td>
<td>18%</td>
</tr>
<tr>
<td>Not sure</td>
<td>139</td>
<td>38%</td>
</tr>
<tr>
<td>Is a problem</td>
<td>162</td>
<td>44%</td>
</tr>
<tr>
<td><strong>Tobacco use</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not a problem</td>
<td>35</td>
<td>10%</td>
</tr>
<tr>
<td>Not sure</td>
<td>48</td>
<td>14%</td>
</tr>
<tr>
<td>Is a problem</td>
<td>265</td>
<td>76%</td>
</tr>
<tr>
<td><strong>Violent Crimes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not a problem</td>
<td>64</td>
<td>18%</td>
</tr>
<tr>
<td>Not sure</td>
<td>138</td>
<td>40%</td>
</tr>
<tr>
<td>Is a problem</td>
<td>146</td>
<td>42%</td>
</tr>
<tr>
<td><strong>Alcohol and Drug Abuse</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not a problem</td>
<td>30</td>
<td>9%</td>
</tr>
<tr>
<td>Not sure</td>
<td>41</td>
<td>12%</td>
</tr>
<tr>
<td>Is a problem</td>
<td>271</td>
<td>73%</td>
</tr>
</tbody>
</table>

**Did you consider yourself:**

<table>
<thead>
<tr>
<th></th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight</td>
<td>189</td>
<td>54%</td>
</tr>
<tr>
<td>Underweight</td>
<td>7</td>
<td>2%</td>
</tr>
<tr>
<td>Obese</td>
<td>22</td>
<td>6%</td>
</tr>
<tr>
<td>Just Right</td>
<td>134</td>
<td>38%</td>
</tr>
</tbody>
</table>

**Age range:**

<table>
<thead>
<tr>
<th></th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>14</td>
<td>4%</td>
</tr>
<tr>
<td>25-34</td>
<td>61</td>
<td>17%</td>
</tr>
<tr>
<td>35-44</td>
<td>84</td>
<td>24%</td>
</tr>
<tr>
<td>45-44</td>
<td>91</td>
<td>26%</td>
</tr>
<tr>
<td>55-64</td>
<td>72</td>
<td>21%</td>
</tr>
<tr>
<td>65+</td>
<td>27</td>
<td>8%</td>
</tr>
</tbody>
</table>

**Are you:**

<table>
<thead>
<tr>
<th></th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>96</td>
<td>28%</td>
</tr>
<tr>
<td>Female</td>
<td>250</td>
<td>72%</td>
</tr>
</tbody>
</table>

**Race:**

<table>
<thead>
<tr>
<th></th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caucasian</td>
<td>285</td>
<td>78%</td>
</tr>
<tr>
<td>African American</td>
<td>66</td>
<td>18%</td>
</tr>
<tr>
<td>Native American</td>
<td>7</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Number</td>
<td>Percentage</td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------</td>
<td>------------</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>1</td>
<td>0%</td>
</tr>
<tr>
<td>Other</td>
<td>6</td>
<td>2%</td>
</tr>
<tr>
<td><strong>School</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than high school</td>
<td>48</td>
<td>13%</td>
</tr>
<tr>
<td>High school graduate/GED</td>
<td>64</td>
<td>17%</td>
</tr>
<tr>
<td>Some college</td>
<td>44</td>
<td>12%</td>
</tr>
<tr>
<td>Associate degree</td>
<td>27</td>
<td>7%</td>
</tr>
<tr>
<td>Bachelors degree</td>
<td>80</td>
<td>21%</td>
</tr>
<tr>
<td>Advanced degree</td>
<td>110</td>
<td>29%</td>
</tr>
<tr>
<td><strong>What type of insurance do you have?</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicare</td>
<td>30</td>
<td>9%</td>
</tr>
<tr>
<td>TennCare</td>
<td>16</td>
<td>5%</td>
</tr>
<tr>
<td>Private Insurance</td>
<td>218</td>
<td>63%</td>
</tr>
<tr>
<td>Other</td>
<td>64</td>
<td>18%</td>
</tr>
<tr>
<td>No Insurance</td>
<td>18</td>
<td>5%</td>
</tr>
</tbody>
</table>
Report Title

Gibson, Humboldt, and Milan General Hospitals/Gibson County Community Health Assessment
Creation Date: 11/21/2011
Total Respondents: 387

What area of Gibson County do you live?

1. Medina 17 5%
2. Yorkville 5 1%
3. Bradford 29 8%
4. Idlewild 1 0%
5. Milan 107 30%
6. Rutherford 10 3%
7. Humboldt 47 13%
8. Trenton 113 31%
9. Dyer 11 3%
10. Gibson 12 3%
11. Kenton 9 2%
Total Responses: 361
Mean: 6.27  Standard Deviation: 2.28

1. Tuberculosis (TB)

1. Not a Problem 212 56%
2. Not Sure 148 39%
3. Is a Problem 16 4%
Total Responses: 376
Mean: 1.48  Standard Deviation: 0.58

1. Influenza (Flu)

1. Not a Problem 86 23%
2. Not Sure 109 29%
3. Is a Problem 184 49%
Total Responses: 379
Mean: 2.26  Standard Deviation: 0.80
Report Title

3. Sexually Transmitted Diseases

- 1. Not a Problem: 66 (17%)
- 2. Not Sure: 155 (41%)
- 3. Is a Problem: 157 (42%)

Total Responses: 378
Mean: 2.24  Standard Deviation: 0.73

4. HIV/AIDS

- 1. Not a Problem: 89 (24%)
- 2. Not Sure: 229 (61%)
- 3. Is a Problem: 60 (16%)

Total Responses: 378
Mean: 1.92  Standard Deviation: 0.82

5. Hepatitis C

- 1. Not a Problem: 92 (24%)
- 2. Not Sure: 235 (62%)
- 3. Is a Problem: 49 (13%)

Total Responses: 376
Mean: 1.89  Standard Deviation: 0.60

6. Emphysema (chronic obstructed pulmonary disease)

- 1. Not a Problem: 74 (20%)
- 2. Not Sure: 173 (46%)
- 3. Is a Problem: 130 (34%)

Total Responses: 377
Mean: 2.15  Standard Deviation: 0.72
7. Heart Conditions

1. Not a Problem 49 13%
2. Not Sure 77 20%
3. Is a Problem 257 67%
Total Responses: 383
Mean: 2.54 Standard Deviation: 0.71

8. High Blood Pressure

1. Not a Problem 34 9%
2. Not Sure 57 15%
3. Is a Problem 290 76%
Total Responses: 381
Mean: 2.67 Standard Deviation: 0.63

9. Skin Cancer

1. Not a Problem 65 17%
2. Not Sure 178 47%
3. Is a Problem 134 36%
Total Responses: 377
Mean: 2.18 Standard Deviation: 0.70

10. Colon Cancer

1. Not a Problem 64 17%
2. Not Sure 172 45%
3. Is a Problem 143 38%
Total Responses: 379
Mean: 2.21 Standard Deviation: 0.71
11. Lung Cancer

1. Not a Problem 67 18%
2. Not Sure 147 39%
3. Is a Problem 167 44%
Total Responses: 381
Mean: 2.26 Standard Deviation: 0.74

12. Breast Cancer

1. Not a Problem 61 16%
2. Not Sure 102 27%
3. Is a Problem 215 57%
Total Responses: 378
Mean: 2.41 Standard Deviation: 0.75

13. Prostate Cancer

1. Not a Problem 62 16%
2. Not Sure 145 38%
3. Is a Problem 172 45%
Total Responses: 379
Mean: 2.29 Standard Deviation: 0.73

14. Arthritis

1. Not a Problem 40 11%
2. Not Sure 81 21%
3. Is a Problem 259 68%
Total Responses: 380
Mean: 2.58 Standard Deviation: 0.68
5. Obesity

1. Not a Problem  41  11%
2. Not Sure  52  14%
3. Is a Problem  290  76%
Total Responses: 383
Mean: 2.65  Standard Deviation: 0.67

16. Asthma

1. Not a Problem  55  15%
2. Not Sure  112  30%
3. Is a Problem  212  56%
Total Responses: 379
Mean: 2.41  Standard Deviation: 0.73

7. Diabetes

1. Not a Problem  43  11%
2. Not Sure  66  17%
3. Is a Problem  271  71%
Total Responses: 380
Mean: 2.60  Standard Deviation: 0.68

18. Allergies

1. Not a Problem  40  11%
2. Not Sure  58  15%
3. Is a Problem  282  74%
Total Responses: 380
Mean: 2.64  Standard Deviation: 0.67
Report Title

19. Osteoporosis

1. Not a Problem
2. Not Sure
3. Is a Problem
Total Responses:
Mean: 2.20  Standard Deviation: 0.71

20. Dementia/Alzheimer's

1. Not a Problem
2. Not Sure
3. Is a Problem
Total Responses:
Mean: 2.30  Standard Deviation: 0.74

21. Hearing loss

1. Not a Problem
2. Not Sure
3. Is a Problem
Total Responses:
Mean: 2.15  Standard Deviation: 0.71

22. Cataracts

1. Not a Problem
2. Not Sure
3. Is a Problem
Total Responses:
Mean: 2.14  Standard Deviation: 0.68
23. Glaucoma

1. Not a Problem  79  21%
2. Not Sure     225  59%
3. Is a Problem  75  20%
Total Responses: 379
Mean: 1.99  Standard Deviation: 0.64

24. Macular Degeneration

1. Not a Problem  23  16%
2. Not Sure     106  73%
3. Is a Problem  16  11%
Total Responses: 145
Mean: 1.95  Standard Deviation: 0.52

25. Intimate partner violence

1. Not a Problem  65  17%
2. Not Sure     179  47%
3. Is a Problem  134  35%
Total Responses: 378
Mean: 2.18  Standard Deviation: 0.70

26. Child abuse

1. Not a Problem  67  18%
2. Not Sure     136  36%
3. Is a Problem  177  47%
Total Responses: 380
Mean: 2.29  Standard Deviation: 0.75
27. Motor vehicle accidents

1. Not a Problem 82 22%
2. Not Sure 138 36%
3. Is a Problem 159 42%
Total Responses: 379
Mean: 2.20  Standard Deviation: 0.77

28. Falls or fall-related injuries

1. Not a Problem 75 20%
2. Not Sure 187 49%
3. Is a Problem 117 31%
Total Responses: 379
Mean: 2.11  Standard Deviation: 0.70

29. Residential fires

1. Not a Problem 116 31%
2. Not Sure 192 51%
3. Is a Problem 72 19%
Total Responses: 380
Mean: 1.88  Standard Deviation: 0.69

30. Dental care

1. Not a Problem 78 21%
2. Not Sure 138 36%
3. Is a Problem 164 43%
Total Responses: 380
Mean: 2.23  Standard Deviation: 0.77
31. Leisure accidents

1. Not a Problem  
2. Not Sure  
3. Is a Problem  
Total Responses: 380
Mean: 1.87  Standard Deviation: 0.63

32. Infant deaths

1. Not a Problem  
2. Not Sure  
3. Is a Problem  
Total Responses: 379
Mean: 1.86  Standard Deviation: 0.63

33. Teenage pregnancy

1. Not a Problem  
2. Not Sure  
3. Is a Problem  
Total Responses: 381
Mean: 2.57  Standard Deviation: 0.72

34. Access to adult daycare

1. Not a Problem  
2. Not Sure  
3. Is a Problem  
Total Responses: 381
Mean: 2.02  Standard Deviation: 0.74
35. Access to home health care

1. Not a Problem 161 42%
2. Not Sure 144 38%
3. Is a Problem 75 20%
Total Responses: 380
Mean: 1.77  Standard Deviation: 0.76

36. Access to home care (sitter service)

1. Not a Problem 115 30%
2. Not Sure 170 45%
3. Is a Problem 96 25%
Total Responses: 381
Mean: 1.95  Standard Deviation: 0.74

37. Access to care for special needs children

1. Not a Problem 111 29%
2. Not Sure 166 44%
3. Is a Problem 101 27%
Total Responses: 378
Mean: 1.97  Standard Deviation: 0.75

38. Lack of financial resources for medical care

1. Not a Problem 56 15%
2. Not Sure 113 30%
3. Is a Problem 210 55%
Total Responses: 379
Mean: 2.41  Standard Deviation: 0.73
39. Access to healthy foods

1. Not a Problem 152 40%
2. Not Sure 94 25%
3. Is a Problem 133 35%
Total Responses: 379
Mean: 1.95  Standard Deviation: 0.87

40. Access to leisure time physical activity

1. Not a Problem 176 46%
2. Not Sure 103 27%
3. Is a Problem 101 27%
Total Responses: 380
Mean: 1.80  Standard Deviation: 0.83

1. Access to transportation to health care

1. Not a Problem 135 36%
2. Not Sure 158 42%
3. Is a Problem 86 23%
Total Responses: 379
Mean: 1.87  Standard Deviation: 0.75

42. Access to nursing home care

1. Not a Problem 169 45%
2. Not Sure 150 40%
3. Is a Problem 60 16%
Total Responses: 379
Mean: 1.71  Standard Deviation: 0.72
Report Title

13. Access to a primary care provider

1. Not a Problem 168 44%
2. Not Sure 133 35%
3. Is a Problem 77 20%
Total Responses: 378
Mean: 1.76 Standard Deviation: 0.77

44. Access to medical specialist

1. Not a Problem 152 40%
2. Not Sure 127 34%
3. Is a Problem 97 26%
Total Responses: 376
Mean: 1.85 Standard Deviation: 0.80

i. Access to medications

1. Not a Problem 183 48%
2. Not Sure 93 25%
3. Is a Problem 103 27%
Total Responses: 379
Mean: 1.79 Standard Deviation: 0.84

46. Access to education on wellness

1. Not a Problem 158 42%
2. Not Sure 126 33%
3. Is a Problem 96 25%
Total Responses: 380
Mean: 1.84 Standard Deviation: 0.80
17. Access to education on healthy lifestyles

Total Responses: 376
Mean: 1.87  Standard Deviation: 0.81

1. Not a Problem  150  40%
2. Not Sure       126  34%
3. Is a Problem   100  27%

48. Access to education on prevention

Total Responses: 378
Mean: 1.85  Standard Deviation: 0.79

1. Not a Problem  148  39%
2. Not Sure       137  36%
3. Is a Problem   93   25%

9. Access to facilities for exercise

Total Responses: 377
Mean: 1.72  Standard Deviation: 0.81

1. Not a Problem  190  50%
2. Not Sure       101  27%
3. Is a Problem   86   23%

50. Access to parks for recreation

Total Responses: 380
Mean: 1.48  Standard Deviation: 0.71

1. Not a Problem  246  65%
2. Not Sure       85   22%
3. Is a Problem   49   13%
51. Illiteracy

1. Not a Problem: 68 (18%)
2. Not Sure: 139 (38%)
3. Is a Problem: 162 (44%)
Total Responses: 369
Mean: 2.25  Standard Deviation: 0.75

52. Tobacco use

1. Not a Problem: 35 (10%)
2. Not Sure: 48 (14%)
3. Is a Problem: 266 (76%)
Total Responses: 349
Mean: 2.66  Standard Deviation: 0.65

53. Violent crime

1. Not a Problem: 64 (18%)
2. Not Sure: 138 (40%)
3. Is a Problem: 146 (42%)
Total Responses: 348
Mean: 2.24  Standard Deviation: 0.74

54. Alcohol and Drug Abuse

1. Not a Problem: 30 (9%)
2. Not Sure: 41 (12%)
3. Is a Problem: 271 (79%)
Total Responses: 342
Mean: 2.70  Standard Deviation: 0.62
55. Do you consider yourself:

1. Overweight  189  54%
2. Underweight  7   2%
3. Obese        22  6%
4. Just Right   134 38%
Total Responses: 352
Mean: 2.29  Standard Deviation: 1.43

56. Age range:

1. 18 - 24     14  4%
2. 25 - 34     61 17%
3. 35 - 44     84 24%
4. 45 - 54     91 26%
5. 55 - 64     72 21%
6. 65 +        27  8%
Total Responses: 349
Mean: 3.65  Standard Deviation: 1.30

7. Are you:

1. Male        96 28%
2. Female      250 72%
Total Responses: 346
Mean: 1.72  Standard Deviation: 0.45

58. Race:

1. Caucasian   285 78%
2. African American  66 18%
3. Native American  7  2%
4. Asian/Pacific Islander  1  0%
5. Other        6  2%
Total Responses: 365
Mean: 1.29  Standard Deviation: 0.68
59. School:

1. Less than high school  48  13%
2. High school graduate/GED  64  17%
3. Some college  44  12%
4. Associate degree  27  7%
5. Bachelors degree  80  21%
6. Advanced degree  110  29%
Total Responses: 373
Mean: 3.96  Standard Deviation: 1.83

60. What type of insurance do you have?

1. Medicare  30  9%
2. TennCare  16  5%
3. Private Insurance  218  63%
4. Other  64  18%
5. No Insurance  18  5%
Total Responses: 346
Mean: 3.07  Standard Deviation: 0.89
Setting Priorities for Health Status Improvement

Hanlon Method:

Opportunity = (A + 2B)C

= Size of Problem
= Seriousness of Problem
= Effectiveness of Interventions
A = Size

Usually defined by prevalence of a condition, characteristic, or disease in entire population (but can be among sub-groups)

<table>
<thead>
<tr>
<th>Percent of population with health problem</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>25% +</td>
<td>9-10</td>
</tr>
<tr>
<td>10-24%</td>
<td>7 - 8</td>
</tr>
<tr>
<td>1-9%</td>
<td>5 - 6</td>
</tr>
<tr>
<td>0.1-0.9%</td>
<td>3 - 4</td>
</tr>
<tr>
<td>0.01-0.09%</td>
<td>1 - 2</td>
</tr>
</tbody>
</table>
**B = Seriousness**

Usualy defined by urgency to intervene, severity (leads to death?), disproportionate among vulnerable populations, and/or economic impact.

<table>
<thead>
<tr>
<th>Level of Seriousness</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Serious</td>
<td>9-10</td>
</tr>
<tr>
<td>Serious</td>
<td>6-8</td>
</tr>
<tr>
<td>Moderately Serious</td>
<td>3-5</td>
</tr>
<tr>
<td>Not Serious</td>
<td>0-2</td>
</tr>
</tbody>
</table>
C = Effectiveness of Available Interventions

Usually defined by "best real world" expectations based on outcome evaluations of successful interventions in similar communities including: effectiveness and efficiency (in light of available resources)

<table>
<thead>
<tr>
<th>Effectiveness</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Effective (80%+)</td>
<td>10</td>
</tr>
<tr>
<td>Relatively Effective (60-79%)</td>
<td>8 - 9</td>
</tr>
<tr>
<td>Effective (40-59%)</td>
<td>6 - 7</td>
</tr>
<tr>
<td>Moderately Effective (20-39%)</td>
<td>4 - 5</td>
</tr>
<tr>
<td>Relatively Ineffective (&lt;20%)</td>
<td>0 - 3</td>
</tr>
</tbody>
</table>
Opportunity = ( - B + 2B ) C

Illiteracy
A = 7.5
B = 7.5
C = 8.5
191.25

AIDS
A = 3.5
B = 9.5
C = 4.5
101.25

Smoking
A = 9.5
B = 9.5
C = 4.5
128.25
Gibson County Community Health Assessment
Prioritization of Health Issues
Size of Health Issues

| Heart Condition in Gibson County |  
|---------------------------------|---|
| Deaths Per 100,000              |   |
| Gibson                          | TN |
| 2000-2006                       | 525-562 |
|                                 | 513 |

| Hospitalizations per 1,000      |   |
| Gibson                          | TN |
| 2000-2006                       | 80.69-83.88 |
|                                 | 67.81-127.13 |

Heart disease is the leading cause of death and a major cause of disability nationally.

Source: Center for Disease Control and Prevention

| High Blood Pressure in Northwest Tennessee |  
|-------------------------------------------|---|
| Stroke death rates Ages 35+               |   |
| Gibson                                    | TN |
| 2000-2006                                 | 138 |
|                                           | 129 |

Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

<table>
<thead>
<tr>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>39.3</td>
</tr>
<tr>
<td></td>
<td>32.6</td>
</tr>
</tbody>
</table>

| 2007                                      | 39.1 |
|                                          | 33.8 |

Are you currently taking medicine for your blood pressure?

<table>
<thead>
<tr>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>85.7</td>
</tr>
<tr>
<td></td>
<td>81.8</td>
</tr>
</tbody>
</table>

| 2007                                      | 86.1 |
|                                          | 84.0 |

Uncontrolled high blood pressure increases risk of heart attack and stroke. The average hospitalization cost for a stroke in persons 65 and older ranged between $8,706-17,034 in 2000-2006. High cholesterol, diabetes, obesity, tobacco and alcohol use, and age are risk factors.

- Numbers reflect weighted risk within sample. Source: Tennessee Department of Health; Mayo Clinic; Center for Disease Control
### Asthma in Northwest Tennessee

Have you ever been told by a doctor, nurse, or health professional that you had asthma?

<table>
<thead>
<tr>
<th>Year</th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>14.6</td>
<td>11.9</td>
</tr>
<tr>
<td>2008</td>
<td>16.6</td>
<td>12.6</td>
</tr>
</tbody>
</table>

Source: Tennessee Department of Health

#### 2002-2007 Childhood Hospitalizations in Northwest TN

- Inpatient hospitalizations per 100,000: 200
- Average annual emergency room visit rate: 828
- Average visit rate per inpatient visit: $5,845
- Average rate for outpatient visits: $800

Each year, nationwide, asthma accounts for more than 10 million outpatient visits and 500,000 hospitalizations.

Asthma is the third-ranking cause of hospitalization of children.

The annual cost of asthma is estimated to be nearly $18 billion.

Source: Tennessee Department of Health; Asthma and Allergy Foundation of America

### Cancer in Gibson County

Deaths from Malignant Neoplasms Per 100,000

<table>
<thead>
<tr>
<th>Year</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>318.78</td>
<td>217.27</td>
</tr>
<tr>
<td>2005</td>
<td>316.08</td>
<td>221.39</td>
</tr>
<tr>
<td>2006</td>
<td>319.83</td>
<td>219.22</td>
</tr>
</tbody>
</table>

Gibson County fell within the top ten highest county cancer death rates contrasted with all other Tennessee counties from 2003-2007.

Cancer is the 2nd leading cause of death in children.

One of four deaths in America is cancer related.

In years 2003-2007, cancer affected 143,657 individuals in Tennessee.

Source: Tennessee Department of Health

### Arthritis in Northwest Tennessee

Have you been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

<table>
<thead>
<tr>
<th>Year</th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>29.3</td>
<td>25.9</td>
</tr>
<tr>
<td>2007</td>
<td>37.0</td>
<td>34.0</td>
</tr>
</tbody>
</table>
**Arthritis continued**
Are you limited in any way of your usual activities because of your arthritis or joint symptoms?

<table>
<thead>
<tr>
<th>Year</th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>43.5</td>
<td>39.5</td>
</tr>
<tr>
<td>2005</td>
<td>36.9</td>
<td>37.7</td>
</tr>
</tbody>
</table>

Source: Tennessee Department of Health

46 million Americans are affected by arthritis. Age is a risk factor for arthritis. 60% who develop arthritis are female, and females develop some of the more common forms.

Source: Arthritis Foundation

**Obesity in Gibson County**

<table>
<thead>
<tr>
<th>Year</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>34%</td>
<td>31%</td>
</tr>
</tbody>
</table>

- Obesity defined as >30 BMI index. Source: County Health Rankings


<table>
<thead>
<tr>
<th>Year</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>69.0</td>
</tr>
<tr>
<td>2008</td>
<td>68.0</td>
</tr>
<tr>
<td>2007</td>
<td>67.4</td>
</tr>
</tbody>
</table>

- Obesity defined as >25 BMI index. Source: Tennessee Department of Health

Prevalence of No Physical Activity for Total Population, 1999-2009

<table>
<thead>
<tr>
<th>Year</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>31</td>
</tr>
<tr>
<td>2008</td>
<td>28.9</td>
</tr>
<tr>
<td>2007</td>
<td>31.5</td>
</tr>
</tbody>
</table>

Source: Tennessee Department of Health

**Allergies**

1 in 5 Americans suffer from all types of allergies. Allergy has increased in prevalence since the 1980s across age, sex, and racial groups. Approximately 50 million people experience allergies. Allergies are the 5th leading chronic disease among all ages.

Source: Asthma and Allergy Foundation of America
Diabetes in Northwest Tennessee
Deaths From Endocrine, Nutritional, and Metabolic Disorders Per 100,000

<table>
<thead>
<tr>
<th>Year</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>83.34</td>
<td>44.80</td>
</tr>
<tr>
<td>2005</td>
<td>79.02</td>
<td>44.44</td>
</tr>
<tr>
<td>2006</td>
<td>76.35</td>
<td>39.53</td>
</tr>
</tbody>
</table>

Percentage of Population Over 20 Diagnosed with Diabetes

<table>
<thead>
<tr>
<th>Year</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>11.7</td>
<td>10.4</td>
</tr>
</tbody>
</table>

Have you ever been told by a doctor that you have diabetes not including gestational diabetes?

<table>
<thead>
<tr>
<th>Year</th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>12.2</td>
<td>10.3</td>
</tr>
<tr>
<td>2008</td>
<td>11.6</td>
<td>10.4</td>
</tr>
</tbody>
</table>

Has your doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

<table>
<thead>
<tr>
<th>Year</th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>39.8</td>
<td>27.4</td>
</tr>
<tr>
<td>2008</td>
<td>16.1</td>
<td>21.0</td>
</tr>
</tbody>
</table>

Are you now taking insulin?

<table>
<thead>
<tr>
<th>Year</th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>39.7</td>
<td>30.4</td>
</tr>
<tr>
<td>2008</td>
<td>36.5</td>
<td>32.1</td>
</tr>
</tbody>
</table>

Source: Tennessee Department of Health

Dementia and Alzheimer’s in Gibson County
Persons over the age of 65

<table>
<thead>
<tr>
<th>Year</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>16.7%</td>
<td>13.4%</td>
</tr>
</tbody>
</table>

Alzheimer’s is the 5th leading cause of death in those 65 and older. It is the only disease that cannot be cured or slowed in its progression. Unpaid hours of care add up to a total of $202.6 billion in labor equivalent. 60% of caregivers rate the experience of stress as high or very high, and one-third report depression.

Source: US Census Data; Alzheimer’s Association

Illiteracy in Gibson County
The estimated NCE (normal curve equivalent) gain in language arts and reading is below the growth standard for one standard error in Gibson County.

Source: Tennessee Report Card
**Illiteracy continued**
9,946 have no high school diploma in a population of 49,683. 
Tennessee is below the national mean of people aged 25 and over who have completed high school or more education relative to the national mean by state. 
One of the potential benefits of educational attainment is economic success.

**Source:** Community Health Status; US Census Data.

**Lack of Financial Resources to Access Medical Care in Gibson County**
Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

<table>
<thead>
<tr>
<th></th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>25.2</td>
<td>17.5</td>
</tr>
<tr>
<td>2008</td>
<td>17.5</td>
<td>15.9</td>
</tr>
</tbody>
</table>

Unemployment

<table>
<thead>
<tr>
<th></th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>14.8%</td>
<td>9.1%</td>
</tr>
</tbody>
</table>

**Source:** County Health Rankings; Labor and Workforce Development

**Percentage of People Below Poverty Level**

<table>
<thead>
<tr>
<th></th>
<th>Gibson</th>
<th>TN</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>17.3</td>
<td>17.2</td>
<td>14.3</td>
</tr>
</tbody>
</table>

1,967 were unemployed according to the Community Health Status; 
1,767 were work disabled 
14.5% were uninsured in 2009

**Source:** US Census Data; Center for Disease Control

**Tobacco, Alcohol, and Substance Abuse in Northwest Tennessee**

Are you a current smoker?

<table>
<thead>
<tr>
<th></th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>29.0</td>
<td>22.0</td>
</tr>
<tr>
<td>2008</td>
<td>24.2</td>
<td>23.1</td>
</tr>
</tbody>
</table>

Rates of underage smoking were above the national average.

During the past 30 days have you had at least one drink—beer, wine, malt beverage, liquor?

<table>
<thead>
<tr>
<th></th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>21.1</td>
<td>25.1</td>
</tr>
<tr>
<td>2008</td>
<td>22.8</td>
<td>33.6</td>
</tr>
</tbody>
</table>

Have you had five or more drinks on one occasion?

<table>
<thead>
<tr>
<th></th>
<th>Northwest TN</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>4.5</td>
<td>6.8</td>
</tr>
<tr>
<td>2008</td>
<td>8.0</td>
<td>10.5</td>
</tr>
</tbody>
</table>

40% of all roadway deaths in TN are alcohol-related.
**Tobacco, Alcohol, and Substance Abuse continued**

Alcohol fatalities per 100 million vehicle miles (VMT) were .58 for TN and .45 for US. Alcohol is the most abused substance in the US.

In 2005-2006, the rate of unmet needs for drug treatment for adolescents was above the national average.

Tennessee was in the top ten states rated for addiction by adolescents to pain killers. There were 1,432 meth lab seizures in Tennessee in 2009. 3,581 were recent drug users in Gibson County within a month period according to Community Health Status.

Source: Tennessee Department of Health; The Tennessean; National Survey on Drug Use and Health

### Child Abuse

<table>
<thead>
<tr>
<th>Rate of Children Subject of Maltreatment Response per 10,000</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007-2008</td>
<td>44.6</td>
<td>37.2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rate of Victim Reports of Neglect per 10,000</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007-2008</td>
<td>1.0</td>
<td>2.2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rate of Victim Reports of Physical Abuse per 10,000</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007-2008</td>
<td>0.7</td>
<td>1.3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rate of Victim Reports of Sexual Abuse per 10,000</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007-2008</td>
<td>0.0</td>
<td>0.0</td>
</tr>
</tbody>
</table>

Nearly 3 million cases of abuse reported nationally each year.

4 children die as a result of child abuse, 3 of those 4 are under the age of 4.

In the State of Tennessee there were over 11,072 severe abuse allegations. Carl Perkins Center addressed 6,000 cases in West Tennessee.

Source: Carl Perkins Center; Department of Children’s Services

### Teenage Pregnancy

<table>
<thead>
<tr>
<th>Live Births with Age Specific Fertility Rates Ages 10-14 By Race</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caucasian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>0.7</td>
<td>0.6</td>
</tr>
<tr>
<td>2008</td>
<td>0.0</td>
<td>0.8</td>
</tr>
<tr>
<td>African-American</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>2.9</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>0.0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Live Births with Age Specific Fertility Rates Ages 15-17 By Race</th>
<th>Gibson</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caucasian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>13.6</td>
<td>24.0</td>
</tr>
<tr>
<td>2008</td>
<td>15.1</td>
<td>27.3</td>
</tr>
<tr>
<td>African-American</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>29.9</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>45.3</td>
<td></td>
</tr>
</tbody>
</table>
### Violent Crime

Percentage of People Affected by Violent Crime

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Gibson</td>
<td>2011</td>
<td>.88</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Crime Rate Per 100,000 in TN

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Violent Crime</td>
<td>667.7</td>
</tr>
<tr>
<td>Murder and nonnegligent manslaughter</td>
<td>7.3</td>
</tr>
<tr>
<td>Forcible rape</td>
<td>31.7</td>
</tr>
<tr>
<td>Robbery</td>
<td>153.2</td>
</tr>
<tr>
<td>Aggravated assault</td>
<td>475.5</td>
</tr>
</tbody>
</table>

Source: Trulia Real Estate Search; Uniform Crime Reports
Gibson County Community Health Assessment
Prioritization of Health Issues
Effectiveness of Interventions

The following is a list of community resources for each health issue identified by the community committee. The list contains community agencies and public entities that specifically work with a particular health issue as well as potential agencies that can become partners with Humboldt General Hospital, Milan General Hospital and Gibson General Hospitals on specific health issues.

**Heart Condition**
American Heart Association
West Tennessee Heart Network
Physician Clinics
Local Churches
Humboldt Senior Citizens Center
Milan Senior Citizens Center
Gibson Senior Citizens Center
Civic Clubs
American Association of Retired Persons

**High Blood Pressure**
Gibson County Health Department
American Heart Association
American Stroke Association
Physician Clinics
Community and Senior Centers
Civic Clubs

**Asthma**
Gibson County Health Department
Physician Clinics
Tennessee Department of Health: Maternal and Child Services
Milan Special School District
Humboldt City School District
Trenton Special School District

**Cancer**
American Cancer Society
Physician Clinics
Local Churches
Community and Senior Centers
American Association of Retired Persons
Arthritis
Arthritis Foundation
Physician Clinics
American Association of Retired Persons
Civic Clubs
Local Fitness Centers
YMCA

Obesity
Gibson County Health Department
Milan Special School District
Humboldt City School District
Trenton Special School District
American Heart Association
American Diabetes Association
American Stroke Association
Physician Clinics
Civic Clubs
Community and Senior Centers
Gibson County Parks and Recreation Department
Local Health and Fitness Clubs
Afterschool Programs
Local Churches
Local Retirement and Nursing Homes

Allergies
Asthma and Allergy Foundation
Physicians Clinics
Community and Senior Centers

Diabetes
Gibson County Health Department
American Diabetes Association
Physicians Clinics
Community and Senior Centers
Local Churches
Milan Special School District
Humboldt City School District
Trenton Special School District
**Dementia and Alzheimer's**
- Assisted Living and Nursing Homes
- Senior and Community Centers
- Local Churches
- Alzheimer's Association
- Physician Clinics

**Illiteracy**
- Gibson County Adult Literacy Council
- Northwest Tennessee Career Center
- Gibson County Adult Education
- Local Libraries
- Workforce Development Program
- Even Start Program; Family Literacy and Adult Education
- Milan Special School District
- Humboldt City School District
- Trenton Special School District
- Gibson County Special School District

**Lack of Financial Resources**
- Christian Endeavor N/P
- Mustard Seed
- Good Samaritan/Helping Hand, Inc.
- Greater North Gibson Food Pantry
- Habitat for Humanity
- Social Security Administration
- TennCare
- Tennessee Department of Human Services
- Gibson County Health Department
- American Red Cross

**Tobacco, Alcohol, and Substance Abuse**
- American Cancer Society
- Milan Special School District
- Humboldt City School District
- Trenton Special School District
- Gibson County Special School District
- City and County Government
- Carey Counseling Center, Inc.
- Marc Milan Addiction Recovery Center
- Pathways Gibson County Office
- Trenton Police Department
Humboldt Police Department
City of Milan Police Department
Gibson County Courts
Gibson County Sheriff's Office
Physicians Clinics

**Child Abuse**
Milan Special School District
Humboldt City School District
Trenton Special School District
Gibson County Special School District
Exchange Club Carl Perkins Center
Local Churches
Afterschool Programs
Department of Human Services
Tennessee Department of Children's Services

**Teenage Pregnancy**
Gibson County Health Department
Milan Special School District
Humboldt City School District
Trenton Special School District
Gibson County Special School District
Gibson County Juvenile Court
Afterschool Programs
Tennessee Department of Children's Services
Local Churches
Birthchoice of Trenton

**Violent Crime**
Local Churches
Afterschool Programs
Trenton Police Department
Humboldt Police Department
City of Milan Police Department
Gibson County Courts
Gibson County Sheriff's Office
PERSONALIZED RISK FACTOR PROFILE

Summary

Using This Report To Improve Your Health

Congratulations. You have taken a good step toward improving your heart health. This report provides you with a summary of your results, isolates your key risk factors and helps you understand what you can do to improve your cardiovascular health. In addition to this summary, the report contains two other sections:

- Information About Risk Factors: This section of your report provides personalized information about each of the risk factors based on your answers to the questions. You will also find information outlining what you can do to reduce your risk of heart disease.
- Improving Your Health: This section gives you information on ways that Jackson-Madison County General Hospital and our affiliated physicians can help as you begin to reduce and manage your risk of heart disease.

Information About Risk Factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4 or More</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1 Risk Factor</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Risk Factor</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Risk Factors</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Risk Factors</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 or More Risk Factors</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Current Risk Factors

Age/Gender

Status: You are 70 years old.
Risk Level: VERY HIGH
Facts & Tips

- Contrary to popular belief, cardiovascular disease is not a male disease. This is a common misconception, not only with female patients, but also with some physicians and healthcare providers (as they often under-diagnose and under-treat female patients). Consider the following statistics:
  - Each year, more women die from cardiovascular disease than men.
  - Cardiovascular disease claims more lives than the next 6 causes of death combined.
  - Cardiovascular disease is about 7 times more deadly than breast cancer.

Take an active interest in your heart health and do not discount cardiac-related symptoms. Work closely with your physician to manage your cardiac health from a female perspective, as many symptoms differ from those of a man.
Most people wait until a heart attack or stroke hits before modifying their lifestyle. In fact, roughly 50% of women are first diagnosed with cardiovascular disease upon arrival to the emergency room. Don't be a statistic. Start now on your road towards a more heart healthy lifestyle.

- Many people think of cardiovascular disease as something that affects only senior citizens. This is simply not true. 61% of people under the age of 65 already have one or more forms of cardiovascular disease. Also, 45% of heart attacks occur in people under 65. It is important to halt this disease process now. Any changes you make today will benefit you in the future because cardiovascular disease is a progressive disease; one that builds over time.

For women, menopause plays a significant role in increasing risk for coronary artery disease. Females are afforded protection from heart disease largely as a result of estrogen production. However, after going through menopause, a woman’s risk of coronary artery disease increases 2-3 times that of women the same age prior to menopause.

While you have not reached menopause, and you may be young and healthy, it is never too soon to begin modifying your risk factors outlined in this report. Work closely with your physician to manage your cardiac health from a female perspective, as many symptoms differ from those of a man.

- As a woman who has reached menopause, it is especially important that you pay attention to the risk factors described in this report.
- Estrogen production affords women protection from heart disease. However, after menopause, a woman’s risk of coronary artery disease increases 2-3 times that of a woman who is the same age prior to menopause.
- You have indicated that you are currently taking hormone replacement therapy (HRT). Recent findings from the American Heart Association and the National Heart, Lung, and Blood Institute show an increased overall health risk in women taking combined (estrogen and progesterin) HRT. If you have not already done so, please ask your primary care physician if HRT is an appropriate therapy for you.
- Following menopause, a woman’s risk of developing cardiovascular disease equals that of a man’s.

**Status You have Type II diabetes**

**Risk Level: VERY HIGH**

**Facts & Tips**

- Talk to your physician if your glucose is 100 or more. A range of 100 - 125 is often referred to as pre-diabetes. A glucose level greater than 125 means you have diabetes. Diabetes is a serious condition which requires immediate attention by a physician.
- Being overweight significantly increases your odds of developing diabetes. In fact, 9 out of 10 newly-diagnosed people with Type 2 diabetes are overweight.
- Losing just 5% of your current weight can significantly lower blood glucose levels. If your glucose levels are high and/or you have
- Pay attention to symptoms that may suggest diabetes (thirst, increased urination, blurred vision, drowsiness, frequent skin infections or cuts that are slow to heal), especially if you are overweight. Having symptom(s) does not mean that you have diabetes, but you should talk to your physician about them.
- Your body mass index is above the normal range and places you at increased risk of developing diabetes. You should work with your physician to control your weight. He or she can recommend a nutritionist and/or a fitness expert who can help you to reduce your body mass and thus your chances of developing diabetes. It is equally important to have regular check-ups with your doctor to monitor your blood sugar levels so that you can avoid developing diabetes.
- If you have not already, take steps to control your weight. Even modest reductions can produce significant results. Consider the following clinical study published in The New York Times, 2001: Participants ate diets lower in fat than that which they were accustomed to, exercised just two-and-a-half hours per week, and shed a modest amount of weight (7%). The result: the incidence of at-risk adult-onset diabetes was cut in half. Furthermore, those individuals who utilized assistance of a nutritionist and fitness expert achieved the greatest long-term success.
- Diabetes significantly increases your risk of a heart attack or stroke. In fact, 2 out of every 3 diabetics will die of a coronary event. So, it is absolutely vital that you properly manage all of your risk factors as described within this report.
- It is recommended that if you drink, as a woman, you should consume no more than one alcoholic beverage per day. (An alcoholic beverage equates to 12 ounces of beer, 4 ounces of wine, 1.25 ounces of 80-proof liquor, or 1 ounce of 100-proof spirits).
- Drink plenty of water - the American Heart Association recommends at least eight 8-oz glasses per day.
- A series of smaller meals throughout the day (rather than two or three large ones) will help you achieve a constant blood sugar level and improve your health.
- It is important to schedule regular check-ups with your doctor to manage your diabetes and control all other risk factors documented in this report.
- Your body mass index is above the normal range and places you at increased risk of developing diabetes. You should work with your physician to control your weight. He or she can recommend a nutritionist and/or a fitness expert who can help you to reduce your body mass and thus your chances of developing diabetes. It is equally important to have regular check-ups with your doctor to monitor your blood sugar levels so that you can avoid developing diabetes.

**Status: You are obese.**

**Risk Level: VERY HIGH**

*Measurement (Weight in Pounds)*
Your Weight: 200 pounds.
Ideal Weight: 108–146 pounds.
BMI: 34.3.

**Facts & Tips**
- Your weight classifies you as overweight. Talk to your physician about weight loss options.
- Including 3 servings of non-fat or low fat milk products daily has been shown to enhance weight loss in some individuals.
- Eating a diet high in fiber lowers your risk of obesity. Choose rice,
3g fiber/serving and "whole grain" within the first three ingredients.

- Keep track of your food intake like you would a check book. Subtract calories, carbohydrates, protein or fats from your daily needs as you eat them. Use food labels or calorie-counting books to determine the nutrition facts.

- Change your mocha to a non-fat or sugar-free version, order small fries rather than large, or try reduced-fat salad dressing instead of the full fat version. Simple changes like these in your diet can help you shed a pound or more a week.

- A balanced diet is important, but do not forget to be physically active 30 minutes per day.

- It is essential that you start an aerobic exercise routine. Start slowly and do not overdo it; work with a fitness expert if necessary until you can comfortably exercise at least 3 times per week for 30 minutes per session. (Please see the Physical Activity risk factor information).

- Aerobically exercise more often. Exercising less than 3 times per week is not adequate.

**Physical Activity**

**Status:** You are sedentary.

**Risk Level:** VERY HIGH

Measurement (Times per week exercising aerobically for 20+ minutes)
Your Activity Level: 0 times per week.
Ideal: 5 or more times per week.

**Facts & Tips**

- Exercise is critical to reducing your chances of developing heart disease. Besides shedding those unwanted pounds, exercise lowers blood pressure and cholesterol levels, boosts energy levels, relieves stress and improves the way you look and feel. Furthermore, it sets a good example for your loved ones to exercise routinely.

- Do not underestimate the value of leading an active lifestyle. Some experts believe the risks related to physical inactivity, in some circumstances, equal that of smoking cigarettes. Please note: while anaerobic exercise, e.g. weight lifting, provides fitness advantages, it offers no cardiovascular benefits.

- 70% of the American population is not getting sufficient exercise.

- It is recommended that you exercise aerobically at least 3 times per week for 30 minutes each session. Aerobic exercise includes walking, jogging, swimming, cross-country skiing, etc.

- Schedule time during the day, as if it is an important appointment, for you to exercise.

- Take 10 minute walk breaks when your children are at practice.

- Turn up the music and dance while doing household chores.

- If you golf, walk instead of riding a cart.

- Take the elevator up, take the stairs down or vice versa.

- Take a yoga, pilates or Zumba class 2-3 times per week.

**Blood Pressure**

**Status:** You have moderately high blood pressure.

**Risk Level:** HIGH

Measurement (Systolic [top number]/Diastolic [bottom number])
Your reading: 150/87
Ideal: <120/<80

**Facts & Tips**

- Exercising (e.g. walking, biking, swimming, rowing, gardening, etc.) lowers blood pressure levels.
recommends less than 1,500 mg per day. 1 tsp of salt has
2400mg of sodium.
- Potassium in fruits and vegetables may help maintain a healthy
blood pressure.
- Diets high in fiber can help lower blood pressure since these diets
are typically lower in fat and calories.
- If your blood pressure is high, consult a physician. S/he can
discuss other options including blood pressure-lowering
medications.

**Status: You have very high cholesterol.**

**Risk Level: VERY HIGH**

**Measurement (in mg/dL)**
- Your Total Cholesterol: 240 to 279
- Your HDL "Good" Cholesterol: 35 to 39
- Your LDL "Bad" Cholesterol: 191

**Ideals:**
- Ideal Total Cholesterol: <200
- Ideal HDL Cholesterol: >60
- Ideal LDL Cholesterol: <100

**Facts & Tips**
- Cholesterol circulates in the bloodstream, and over time, its
components build up in the arteries, forming plaque. Plaque
blocks the flow of blood in the arteries, causing heart attacks and
strokes.

Total cholesterol is the sum of all the cholesterol in the blood.
The higher your total cholesterol, the greater your risk of heart
disease. Consider this statistic from the Archives of Internal
Medicine: for every one point decrease in total cholesterol, there is a 2% reduction in risk of a coronary event.

Not all cholesterol is bad. HDLs are referred to as "good
cholesterol" because they aid in the removal of cholesterol
from the bloodstream. LDLs, on the other hand, are often
referred to as "bad cholesterol" because they form the
dangerous plaques.

All measurements defined below are compared to the most up-to-date NCEP (National Cholesterol Education Program) III
guidelines:

- Begin an "aerobic" exercise routine, (walking, biking, swimming,
jogging, rowing, etc.) slowly building up to at least three days a
week for thirty minutes.
- Quit smoking—smoking cigarettes can decrease your HDL level by
as much as 15%.
- Limit consumption of animal food products (meat, fish, poultry,
etc.) or any food products derived from animals (such as dairy
products)
- Eat foods low in fat, especially saturated fats.
- Read the "Nutrition Facts" information provided on most food
packages to monitor your diet.
- As your cholesterol is high, you should discuss with your physician
possible medication treatments (if you have not already done so).
Family History

family history relating to these conditions.

Risk Level: VERY HIGH

Facts & Tips

- Studies show that people with an immediate family history of disease(s) are more likely to develop those disease(s) than are people with no family history.
- Medical science is still not certain why family history plays such an important role in the disease process. The fact is...it does. So, pay particular attention to all risk factors associated with your conditions noted above.

Status: You are currently a smoker

Risk Level: VERY HIGH

Facts & Tips

- Cigarette smoking is the most preventable cause of premature death in the United States. There are few things that people can do that will have a greater negative effect on their bodies than to smoke cigarettes. It is one of the largest contributory factors for cardiovascular disease, many forms of cancer (notably lung), and emphysema.

Quitting smoking is the single best behavioral change you can make for improved health. 1.3 million Americans do it every year. However, as a heavy smoker (more than a pack a day), you should seriously consider a smoking cessation program as opposed to trying to quit on your own. Studies have shown that heavy smokers are twice as likely to quit by joining a program.

As an incentive to quit, consider the following statistics:

- Smokers have twice the risk of a heart attack.
- Smokers have three times the risk of developing cardiovascular disease.
- Smokers experience arterial thickening, adding the equivalent of 10 years of aging to their arteries.
- Smokers have a 70% greater incidence of cardiovascular disease.

Your Overall Cardiac Risk

You have a 17% chance or greater of developing cardiac disease within the next 10 years.

Explanation

- The scoring methodology is based on data collected over 40 years from the nationally recognized Framingham Heart Study.
- Your heart health risk is based on a combination of modifiable risks (factors you CAN change) and non-modifiable risks (factors you CANNOT change). Reducing these risk factors will greatly reduce your chances of developing heart disease.
As you accumulate more Framingham risk points, your risk of developing heart disease grows dramatically. Why is this? Because having multiple risk factors compounds the negative effects to your circulatory system, i.e. smoking increases your heart risk, and at the same time, it raises your blood pressure and your cholesterol levels.

Improving Your Health

Discussing Your Results With A Healthcare Provider
Every 30 seconds, cardiovascular disease claims another life. It is the #1 killer in America and is expected to continue to grow at epidemic proportions. Unlike most diseases, cardiovascular disease is controllable and preventable. The key is proper education and awareness of what to do to reduce your risks. You have taken the first step by completing the risk assessment.

Contact Jackson-Madison County General Hospital to discuss your results. Jackson-Madison County General Hospital committed to assisting community members with their healthcare needs. So, please take advantage of our clinical expertise by contacting us at 866-949-6457 to discuss your results.

Learning More About Improving Your Health
Jackson-Madison County General Hospital offers continuing education, both online and at our facility. You may click here and check our calendar of events to view upcoming classes and programs offered by the hospital, or simply call for more information.

Our Heart and Vascular Services
To learn more about cardiovascular services at Jackson-Madison County General Hospital, visit http://www.wth.net/body.cfm?id=121. We provide a comprehensive array of heart and vascular services to help our community maintain and improve their cardiovascular health.

Thank you for participating in the HeartAware Risk Assessment. Please feel free to look to us as your resource for healthcare information both on- and off-line.

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Patient ID: 3064350
Suzie Test
Consultation Record Report - Self-Reported Data

Risk Assessment Type: HeartAware. Framingham Score: 17%

General Patient Information
Name: Susie Q. Test
Address 1: NGH
Address 2:
City, State, Zip: Jackson, TN 38301
Phone: 000.000.0000
Emails: N/A
Cardiologist: N/A
PCP: N/A
ID: 3064350
Age: 72
Gender: Female
Ethnicity: Caucasian
Birth: 1939-1-1

Medical Information
Conditions:
Diabetes: Yes Type 2
Family History
Medications

Cumulative Consultation Data
Date: 2009-08-13

Self-Reported Data
BMI: 34.3  Systolic: 150  Diastolic: 87  Blood Pressure Last checked: More than 1 year ago  HDL Level: 37  LDL Level: >190
Cholesterol Last checked: More than 1 year ago  Total Cholesterol: 260  Triglycerides: 0  Glucose: 0  Body Fat%: 0  Ft: 5  In: 4
Weight: 200  Years Smoked: 1 to 9 Years  Tobacco Use Per Day: 1 pack  Menopausal: Yes  Estrogen Therapy: Yes
Aerobic Exercise Frequency: None  Leg Pain: Yes  When Leg Pain Present: Both during exercise and at rest

Current Goals

Blood Pressure
Consult
Systolic: 150  Diastolic: 87
Recommended†
Systolic: < 120  Diastolic: < 80
Goal
Systolic: 120  Diastolic: 80
Clinician
Melissa Wals
Date Added
2009-12-21
Goal Date
2010-01-21
Status
In Progress
Note
Encouraged pt. to discuss blood pressure with PCP.

Cholesterol
Consult
Total: HDL: LDL:
260 37 >190
Recommended†
Total: HDL: LDL:
< 200 40+ < 100
Goal
Total: HDL: LDL:
155 60 95
Clinician
Melissa Wals
Date Added
2009-12-21
Goal Date
2010-01-21
Status
In Progress
Note
Encouraged pt. to see her PCP doctor about chol. levels and to begin exercise to increase HDL and watch dietary cho/plt. fats, trans fats to decrease LDL.

Smoking
Consult
Amount Smoked Per Day:
1 pack
Recommended†
Amount Smoked Per Day:
None
Goal
Amount Smoked Per Day:
None
Clinician
Melissa Wals
Date Added
2009-12-21
Goal Date
2010-01-21
Status
In Progress
Note
Encouraged pt. to stop smoking. Discussed some stop smoking ideas and brochure with teaching on it given.

Fitness
Consult
Exercise Frequency:
None
Recommended†
Exercise Frequency:
5 or more times per week
Goal
Exercise Frequency:
3 to 4 times per week
Clinician
Melissa Wals
Date Added
2009-12-21
Goal Date
2010-01-21
Status
In Progress
Note
Encouraged to begin exercising walking 3 times a week for 30 minutes per day.

Weight
Consult
Weight:
200 lbs.
Recommended†
Weight:
108-146 lbs.
Goal
Weight:
146 lbs.
Clinician
Melissa Wals
Date Added
2009-12-21
Goal Date
2010-01-21
Status
In Progress
Note
Pt. wants to lose weight. Weight loss packet given and teaching done with pt.

Clinician Notes

<table>
<thead>
<tr>
<th>Date Added</th>
<th>Clinician</th>
<th>Section</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.13.2009</td>
<td>Melissa Wals</td>
<td></td>
<td>This is a test report for educational purposes only. Each PCP will receive a copy of this report via fax. Lipid Profile results will also be included.</td>
</tr>
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</table>

†Source: American Heart Association and American Diabetes Association, March 2011