



# COMMUNITY HEALTH NEEDS ASSESSMENT

2019



# • Mission • Vision • Values •

## Mission:

To provide the highest quality health care in a patient-focused environment in the most cost effective manner

## Vision:

To become a leader in the health care community.

## Values:

**Professionalism** – We deliver high quality care by being experts in the field.

**Attitude** – We foster a positive and uplifting environment for our patients and each other.

**Teamwork** – We work together to overcome obstacles and achieve success.

**Integrity** – We take pride in upholding the highest standards, both morally and professionally.

**Excellence** – We commit to providing every patient with an exceptional health care experience.

**Nurturing** – We show compassion and give comfort to each and every patient.

**Trust** – We have faith in each other so patients can place confidence in us.



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# • Executive Summary •

On March 23, 2010, the Patient Protection and Affordable Care Act (ACA) was signed into law and created new requirements for not-for-profit hospitals including a requirement for a Community Health Needs Assessment (CHNA) to be completed every three years. This report was prepared by Alabama Quality Assurance Foundation (AQAF) in conjunction with The University of Alabama at Birmingham Health System to meet the CHNA requirement for The University of Alabama at Birmingham (UAB) Hospital for fiscal year 2018-2019. AQAF is the Quality Improvement Organization (QIO) for the state of Alabama and has more than three decades of experience in identifying and addressing community health needs.

To prepare this CHNA report, data were gathered from a variety of sources in an effort to construct a comprehensive, current and accurate snapshot of the health issues in Jefferson County, Alabama. Data were obtained from multiple public data bases and Opinions were solicited from public health experts and Community leaders within the community served by UAB Hospital. This information was summarized for final consideration by a CHNA team consisting of hospital and system personnel, as well as community members. This team prioritized the community health needs as follows:

- 1. Access**
- 2. Cardiac Health Education**
- 3. Good Nutrition / Obesity Prevention**

An implementation strategy that will address each of these issues is currently in development. The strategy will seek to leverage valuable partnerships that currently exist, identify novel opportunities for synergy and maximize legacy programs while deploying specific interventions within the community. The outcomes and results of these interventions will be followed and reexamined in preparation for the next CHNA scheduled for completion no later than Fall 2022.



# • Methodology •

The community needs assessment process was initiated by assembling an internal team responsible for shepherding the entire project. The internal team was comprised of representatives from hospital management, outreach services, strategic planning, and AQAF. This team met initially to review the requirements of the CHNA as established by the ACA and further defined by IRS Notice 2011-52, and to establish the roles and responsibilities for the team members. These decisions were memorialized in a project plan and incorporated into a project dashboard. With the infrastructure created and the purpose and scope of the project identified, the team set about its primary task of gathering data.

The first step in the data gathering process was to obtain several de-identified data sets from the hospital. The initial task was to obtain zip code specific discharges for up to three years. These data sets were then analyzed to compile zip code maps defining the hospital's service area. Additional data sets were requested from the hospital including admission data stratified by age, race, ethnicity, payor mix, and discharge diagnoses. With the service area of the hospital determined, a best fit county was selected for data collection from secondary (public) sources and for the purposes of comparison. Secondary sources utilized for this report include:

- **Behavioral Risk Factor Surveillance Survey 2017**
- **Alabama Department of Labor**
- **Alabama Department of Public Health, Center for Health Statistics**
- **Alabama Department of Public Health, Cancer Registry**
- **Georgia Department of Public Health**
- **U.S. Census Bureau**
- **U.S. Bureau of Labor Statistics**
- **County Health Rankings and Roadmaps**
- **World Population Review**
- **United States Department of Health and Human Services (US DHHS),**
- **Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Multiple Cause of Death 1999-2017 on CDC**
- **WONDER Online Database, released 2018**

The second step was to gather information from various representatives of the community. The CHNA team met to establish a list of key informants that included individuals with public health expertise, state and local officials, and community leaders. Topic areas and interview questions from the previous CHNA were reviewed to determine the appropriateness of utilizing them for this CHNA. The topic areas were then used to develop survey and interview tools that were utilized in discussions and interviews with their identified key informants. The results of these surveys and interviews were then compiled.

Distillation of these data into a prioritized list was the final step of the Community Health Needs Assessment. The CHNA Oversight Committee met to complete this final task. AQAF staff presented the data collected. The oversight Committee members then established the agreed upon top 3 health care needs for their community. The information that was presented to the CHNA oversight Committee and the final prioritized list of health care needs are summarized in this report and will also be displayed on UAB Medical West's website.

# • Geographic Area Defined •

The Medical West Community is defined using the 12 zip codes derived from 74% of the hospital's inpatient discharges. The zip codes encompass the entire county of Jefferson and small portions of Bibb and Tuscaloosa Counties. For the purposes of this study, the Medical West community will be defined as Jefferson County or Jefferson County and all contiguous counties. Zip codes are listed in descending order from highest concentration of discharges to lower concentration of discharges. The zip codes are as follows:

<b>35020</b>	<b>35023</b>	<b>35022</b>
<b>35111</b>	<b>35184</b>	<b>35228</b>
<b>35006</b>	<b>35127</b>	<b>35188</b>
<b>35064</b>	<b>35244</b>	<b>35490</b>

**Illustration 1. UAB Medical West Service Area**



The county has a total area of 1,122.3 square miles of which, 1,111 square miles are land and 11.2 square miles are water (Graph 16). Birmingham is the county seat for Jefferson County. The neighboring counties are Bibb, Blount, St. Clair, Shelby, Tuscaloosa, and Walker. Birmingham is the state's largest city and the county seat. There are 34 additional municipalities located within Jefferson County. The city of Bessemer and Medical West are approximately 15 miles from Birmingham. Jefferson County is 89% urban and 11% rural. Due to its location in the north central part of the state and the foothills of the Appalachian Mountains, the county is characterized by rolling hills and valleys.

# • Demographics •

## Population

Located in central Alabama, Jefferson County is a mix of urban, suburban, and rural environments. It is the largest county in the state in both land mass and population. There are 67 communities within the county, 34 of which are incorporated municipalities. According to the U.S. Census Bureau, the most recent population estimate for Jefferson County is 659,197 (**Table 1**). The dominant language is English, with 5.9% speaking another language in the home.

## Race/Ethnicity

The population of Jefferson County is 53.2% white, 43.4% black, and 3.1% other (**Graph 20**). The U.S. Census Bureau considers Hispanic/Latino heritage as an ethnicity and not a race. Of Jefferson County residents responding to the most recent census, 3.9% consider themselves to be of Hispanic/Latino origin. Persons of Hispanics/Latino origin may be of any race, and are included in the applicable race categories above. The Hispanic/Latino population of Jefferson County is 4.3%.



## Education

Of Jefferson County's 659,197 residents, 22.9% are under 18 years old (**Graph 18**) and are served by 12 school systems. There are 11 city systems and one run by the Jefferson County Board of Education. This county system is Alabama's second largest school district with 57 schools, 4,500 teachers, and over 36,000 students. The system offers a multitude of academic, career technical and extracurricular opportunities for students. The Birmingham City school system serves students in the city of Birmingham with 43 schools (18 elementary, 8 middle, 10 K-8, and 7 high schools). Of the county's residents, 89.4% graduated from high school (**Graph 22**).

Jefferson County offers many post-secondary education opportunities. The University of Alabama at Birmingham, Birmingham Southern College, and Samford University provide the area with major colleges of medicine, dentistry, optometry, pharmacy, law, engineering, and nursing. Of the county's residents, 31.9% hold a Bachelor's degree or higher (**Graph 23**). Birmingham has been the home of The University of Alabama at Birmingham School of Medicine since 1947. Birmingham is also home to three of the state's five law schools.

# • Employment •

Jefferson County is an economic catalyst for the state. Not only does it have many companies and organizations with a large employment base, but it is a hub for medical care. The University of Alabama at Birmingham has an extensive health care complex and is the largest employer in the county and the second largest in the state. UAB provides one of every 33 jobs in the state with an annual economic impact of more than 5 billion dollars.

The Per Capita Income of a Jefferson County resident is \$29,456, Median Family Income \$49,321 (**Graph 24**). The percentage of residents living below the poverty level is 16.7% (**Graph 25**). As of February 2019, the unemployment rate for Jefferson County is 3.7%, which is lower than the 6.0% unemployment rate in 2016. The state's unemployment rate is also 3.7%.



In April 2019, the Birmingham Business Alliance lists the largest employers in Jefferson County as follows:

## TOP TEN EMPLOYERS:

1. University of Alabama at Birmingham (23,000)
2. Regions Financial Cooperation (9,000)
3. St. Vincent's Health System (5,100)
4. Children's of Alabama (5,000)
5. AT&T (4,517)
6. Brookwood Baptist Health (4,459)
7. Jefferson County Board of Education (4,400)
8. City of Birmingham (4,200)
9. Blue Cross-Blue Shield of Alabama (3,100)
10. Alabama Power Company (3,092)

UAB Health system is the largest healthcare provider in the state. Blue Cross Blue Shield of Alabama is the major health insurance carrier in the state with corporate headquarters in Birmingham. The City of Bessemer is located centrally between Birmingham and Tuscaloosa.

## Largest Employers: City of Bessemer

1. UAB Medical West (1,007)
2. Wal-Mart (580)
3. Piggly Wiggly Alabama Distributing Company (500)
4. U.S. Pipe & Foundry Company (420)
5. Masonry Arts Incorporated (400)



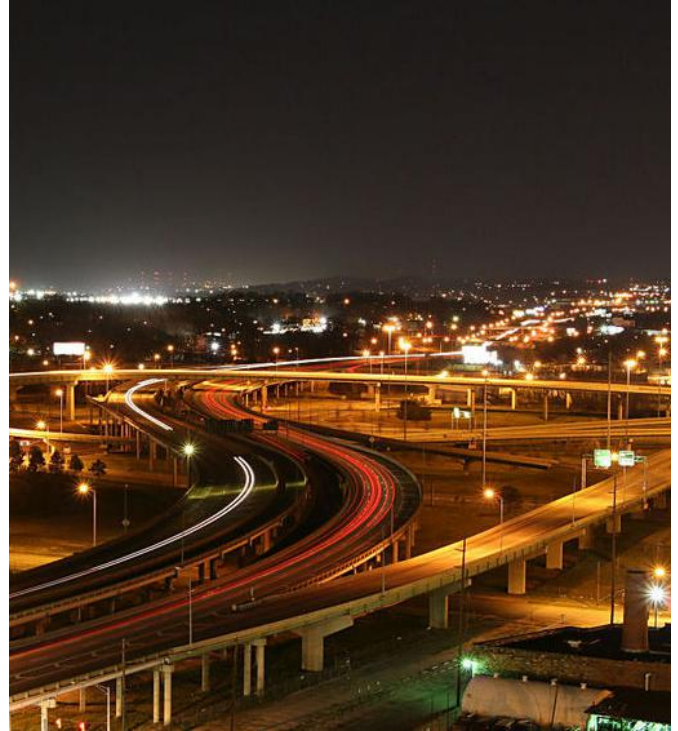
# • Roads & Transportation •

The roadway system in Jefferson County provides residents and companies transportation access to all major cities in the southeast and throughout the United States. The five major interstates located throughout the county are I-20, I-22, I-59, I-65, and I-459. U.S. Highways 31 and 280 carry travelers through downtown Birmingham and over Red Mountain into surrounding counties.

Public transportation is limited in Jefferson County. The Birmingham-Jefferson County Transit Authority (BJCTA) operates public transportation for the county. Bus service runs regularly, along fixed routes, from the transportation center to multiple points in Birmingham, Bessemer, Center Point, Woodlawn, Homewood, Ensley, Mountain Brook, Hoover, Tarrant and Vestavia Hills. The downtown natural gas trolley service is available for three routes through the City Center. Greyhound provides intercity bus transportation to cities across the United States. Current service area is 200 square miles with a demand population of 400,000.

The Birmingham Shuttlesworth International Airport is home to four major airlines and offers 130 daily flights to 48 airports in 45 cities throughout the U.S. They have more than 2.6 million passengers who travel through the airport each year.

The Birmingham region has rail transportation for both passenger and freight. There are daily Amtrak stops connecting to most major cities in the U.S. with daily passenger services to Atlanta, New Orleans and New York. Metropolitan Birmingham has three rail hubs: Norfolk Southern, CSX, and BNSF.

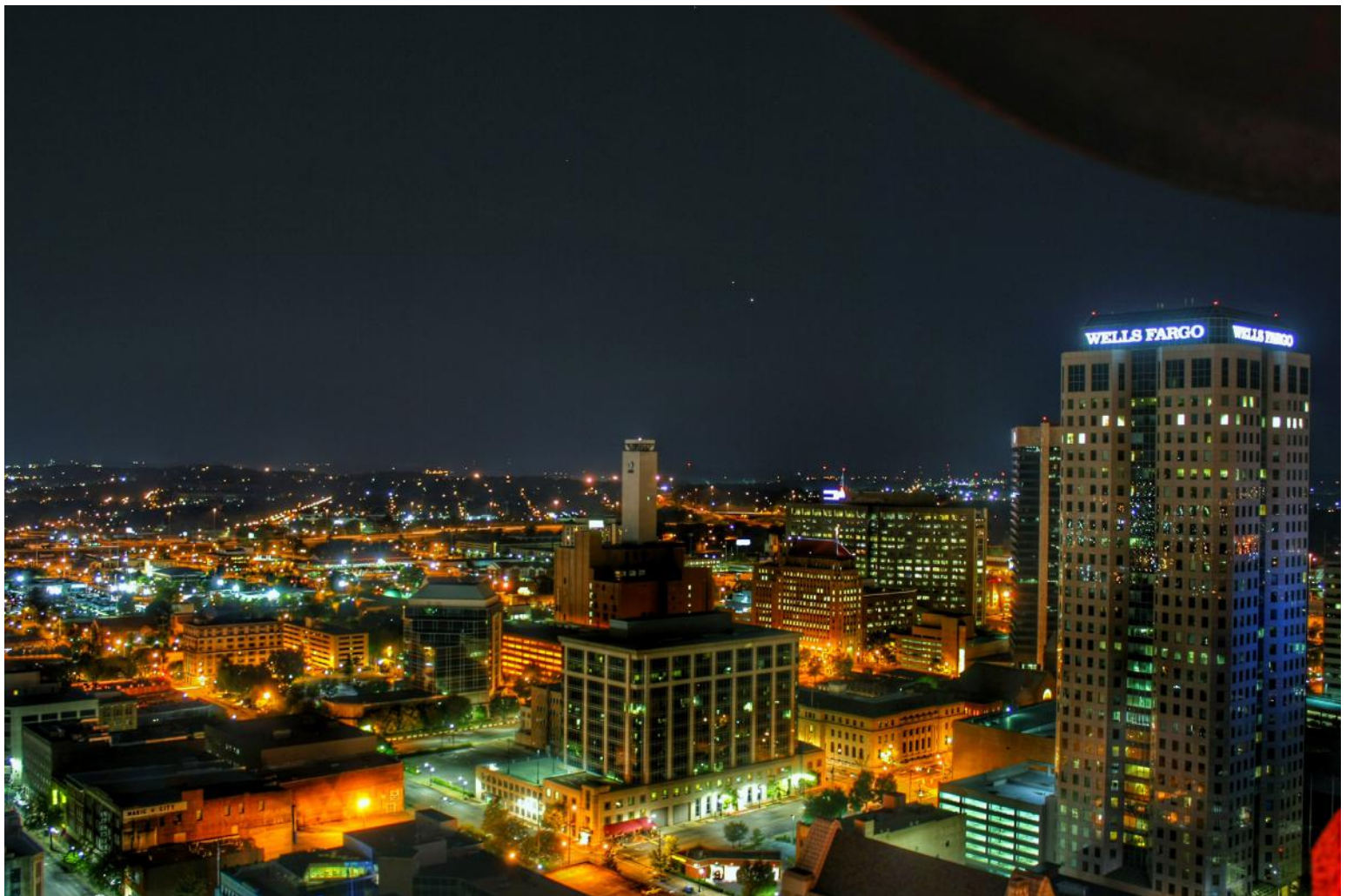


The state of Alabama contains an extensive waterway system. Port Birmingham is located in the western part of Jefferson County on the Warrior River. River service connects to the deep water Port of Mobile. It offers fleeting and shifting services as well as access to inland and international ports.

# • Weather & Air Quality •

Jefferson County has a humid subtropical climate, characterized by hot summers, mild winters, and abundant rainfall. The spring and fall months are pleasant but variable as cold fronts frequently bring strong to severe thunderstorms and tornadoes to the region. The fall season features less rainfall and fewer storms, as well as lower humidity than the spring, but it is also a secondary severe weather season. Birmingham is located in the heart of a tornado alley due to the frequency of tornadoes in Central Alabama. In 2016, there were 65 tornadoes in Alabama resulting in 18 injuries and 4 fatalities. During 2017 - 2018, there were 103 tornadoes resulting in 29 injuries, but no fatalities. 2019 has proven to be a more destructive year than the past 3 years with 12 tornadoes touching down on March 3<sup>rd</sup> with a devastating EF - 4 tornado killing 23 in Lee County. In the late summer and fall months, the area experiences the results of occasional tropical storms and hurricanes due to its proximity to the Central Gulf Coast.

From the 1970s to the early 2000s, Jefferson County was classified at times as a non-attainment area for ground-level ozone and particle pollution by the Environmental Protection Agency (EPA). This occurs when pollution levels exceed federal limits. Through the cooperation of the community and other entities, Jefferson County has been designated as an attainment area for the eight-hour ozone standard since 2006.



# • Medically Underserved •

Jefferson County residents are well served by an abundance of hospitals in the area. A small area of West Central Jefferson County is currently designated as a Medically Underserved Area Population (MUAP) according to criteria developed by the Department of Health and Human Services

(Illustration 2.). This designation is based on an index of four variables:

1. The Ratio of Primary Care Physicians per 1,000 Population
2. The Infant Mortality Rate
3. Population Living Below the Poverty Level
4. Population Over the Age of 65

Jefferson County is considered a Health Professional Shortage Area (HPSA) for low-income residents in areas of primary care, dental care, and mental health care. Low income residents of Jefferson County are able to utilize the county's charity healthcare system, Cooper Green Mercy Hospital. Due to financial concerns, the inpatient services were discontinued in late 2012, but the facility continues to provide chronic and urgent care to those in need of free or subsidized healthcare. Although many in the community have the healthcare services they need, Medical West is committed to providing the residents of Jefferson County the highest quality of care, while treating every patient with the utmost compassion and respect.

Illustration 2. Medically Underserved Populations (MUAs)

## Medically Underserved Areas/Populations (MUA/Ps)



# • Medical West •

Medical West provides basic, primary care through inpatient care, ancillary services, clinics and specialty clinics to residents of an urban community. The hospital is located at 995 9th Avenue South West, Bessemer, Alabama 35022.

## INPATIENT SERVICES:

- **310 Inpatient Beds**
  - Intensive Care Unit (18 Beds)
  - Geriatric Psychiatric Unit (25 Beds)
- **24 - Hour Emergency Department**  
(42,000 visits per year)
  - 21 Beds
  - Level 3 Trauma Center
  - Heliport
- **24 - Hour Freestanding Emergency Department**  
(32,000 Visits Per Year)
  - Located in Hoover, AL
  - 14 Beds
  - Level 3 Trauma Center
  - Helipad
- **Inpatient Rehabilitation Facility**
  - 19 Beds
  - All Private Rooms & Bathrooms
  - Occupational Therapy (OT)
  - Physical Therapy (PT)
  - Speech Therapy (ST)
- **Telemetry Nursing Unit**
- **Surgery Department** (10,000 Cases per Year)
- **Women's Center**



# • Outpatient Services •

## • **ADVANCED WOUND CARE**

- Hyperbaric Oxygen Therapy
- Vacuum Assisted Closure

## • **AMBULATORY SURGERY CENTER**

- 6 Operating Rooms
- ENT
- General Surgery
- Gynecology
- Ophthalmology
- Orthopaedics
- Pain Management
- Urology

## • **COMMUNITY PROGRAMS**

- Senior Care Programs
- Volunteer Program
- Alzheimer's Support Group
- Childbirth Classes
- Diabetic Education
- Grief Support Group
- TOUCH Support Group
- Scale-Back Alabama
- Look Good Feel Better

## • **ENDOSCOPY / GI LAB**

- 11 Beds
- 4 Procedure Rooms

## • **SLEEP DISORDERS CENTER**

## • **IMAGING SERVICES**

- CT Scan
- MRI
- Ultrasound
- Mammography
- Radiology
- Nuclear Medicine
- Vascular Lab
- Catheterization Lab
- Sleep Center
- Medial West Imaging Center

## • **REHABILITATION SERVICES**

- Physical Therapy (PT)
- Occupational Therapy (OT)
- Speech Therapy (ST)

## • **HEALTH CENTERS**

- Baccus & Baccus Health Center
- Bessemer Clinic
- Bessemer Health Center
- Cardiovascular Health Center
- Hoover Health Center
- Hueytown Health Center
- Live Well Family Medicine
- Medical West Curtis Orthopaedics
- Medical West Gastroenterology
- Medical West Neurology
- OBGYN Health Center
- Parkwest Health Center
- Tannehill Health Center
- Vance Health Center



# • Hospitals •

## **Additional Healthcare Services in the City of Bessemer:**

- Baptist Health Center Bessemer
- Middle Creek Medical Urgent Care
  - Big Creek
  - Little Creek
- Bessemer Dialysis Center DaVita
- The Bessemer Clinic



## **Additional Hospitals in Jefferson County:**

- Brookwood Baptist Health
- Children's of Alabama
- Grandview Medical Center
- Encompass Health Lakeshore Rehabilitation Hospital
- Hillcrest Behavioral Health Services
- Princeton Baptist Medical Center
- Ascension Health System
  - St. Vincent's Birmingham
  - St. Vincent's East
- The University of Alabama at Birmingham Hospital (UAB)
  - UAB Callahan Eye Hospital
  - Spain Rehabilitation Center
  - UAB Hospital Highlands
- Veteran's Affairs Medical Center

# • Patient Data •

Patient data for Medical West for FY 2018 is detailed below and includes principal discharge diagnoses, payor source, and inpatient demographics.

## INPATIENT DIAGNOSIS

Principal Diagnosis	Total Discharges	% of Total
Other Bacterial Diseases	620	8.4
Chronic Lower Respiratory Diseases	361	4.9
Influenza & Pneumonia	339	4.6
Hypertensive Diseases	337	4.6
Persons Encountering Health Services in Circumstances Related to Reproduction	315	4.3
Disorders of Gallbladder, Biliary Tract & Pancreas,	282	3.8
Other Diseases of the Intestines	265	3.6
Diabetes Mellitus	240	3.3
Cerebrovascular Diseases	198	2.7
Infection of the Skin & Subcutaneous Tissue	188	2.5
Top 10 Discharges	3,145	42.7
Total Discharges	7,377	100.0

## INPATIENT RACE DISTRIBUTION

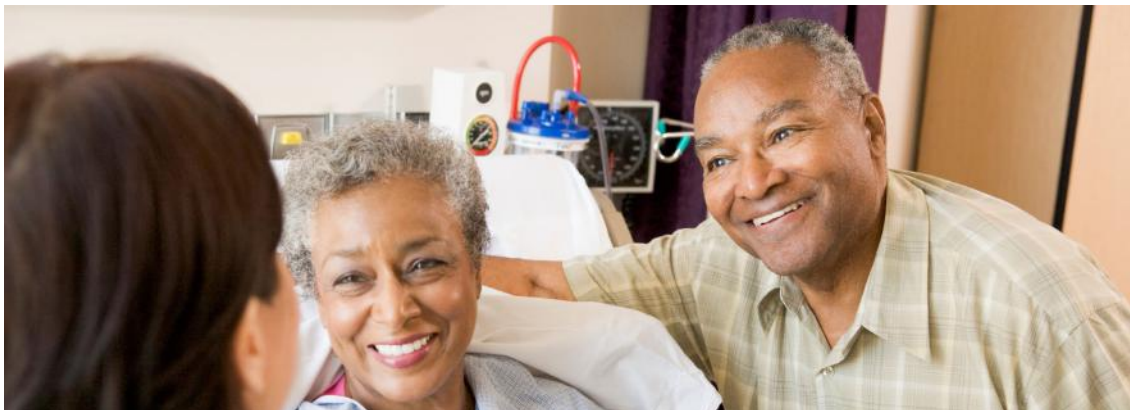
Race/Ethnicity	%
Caucasian	59.2
African American	37.4
Hispanic	2.6
Other	0.5
Asian	0.2
Native American	0.1

## INPATIENT AGE DISTRIBUTION

Years	%
<18	4.4
18 - 24	3.4
25 - 34	6.5
35 - 44	8.0
45 - 54	11.5
55 - 64	18.6
65 - 69	11.2
>70	36.5

## INPATIENT PAYOR SOURCE

Payor	Discharges	% of Total
Medicare	3,951	53.6
Medicaid	1,381	18.7
Commercial	1,149	15.6
Self Pay	664	9.0
Other	232	3.1
Grand Total	7,377	100.0



# • Community Resource List •

- Alabama Legal Help
- Alabama Cancer Society
- Alabama Diabetic Association
- Alabama Heart Association
- Alethia House
- Bessemer Rescue Mission
- Brother Bryan Mission
- Cahaba Valley Health Care
  - Dental Clinic
  - Vision Clinic
- Churches
- Clastran Specialized Public Transportation
- Community Kitchens of Birmingham
- Children’s Aid Society
- Firehouse Shelter
- First Light Women & Children’s Shelter
- Food Banks (25+)
- Greater Birmingham Ministries
- Habitat for Humanity
- Hope House
- Jefferson County Chamber of Commerce
- Jefferson County Court & Family Services
- Jefferson County Department of Rehab. Services
- Jefferson County Department of Veteran’s Affairs
  - Birmingham Center
  - Clay Center
  - St. Benedict’s Center
- Jefferson County Sheriffs Department
- Jefferson County Senior Citizens Center
- Jessie’s Place
- Jimmy Hale Mission
- Magic City Harvest
- Parks & Recreation:
  - Public Parks (95+)
  - Walking Trails (12+)
  - Bike Trails (10+)
- Salvation Army
- The Foundry Rescue Mission & Recovery Center
- The Lighthouse Recovery Mission
- The Nest Homeless Ministry

## Jefferson County Department of Health

Health Centers:	Specialty Clinics:	Community Health:
Bessemer Central Eastern Morris West End Western	International Travel Sexually Transmitted Diseases Tuberculosis	Community Health Nurses Nutrition Education Tobacco Prevention & Control Programs

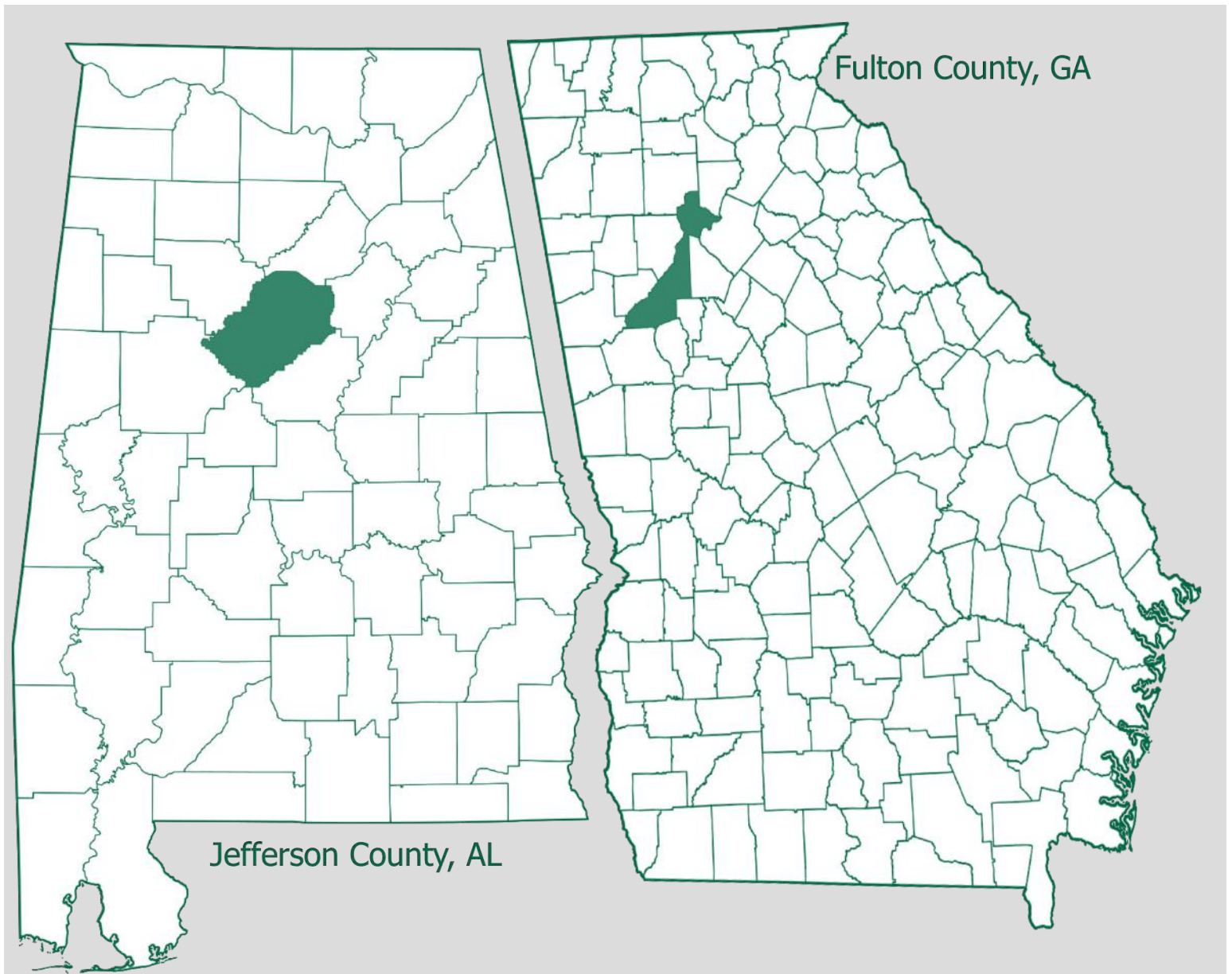


# • Comparison Community •

## Fulton County, Georgia

In an effort to measure how the Medical West community of Jefferson County compared to a peer county, the 2019 County Health Rankings and Roadmaps report was utilized. CHR&R uses population size, poverty level, age distribution, population density and 15 other demographic data points to establish comparison communities across the United States. Of the 33 counties considered to be peer counties to Jefferson County; Fulton County, Georgia was selected for this CHNA based on its' similar location in the southeastern section of the United States.

**Illustration 3. Jefferson County, Alabama and comparison Fulton County, GA**



# • Population Data •

Table 1. U.S. Census 2018 Population Estimates

## JEFFERSON COUNTY, ALABAMA

## FULTON COUNTY, GEORGIA

<b>659,197</b>	<b>POPULATION</b>	<b>1,041,423</b>
<b>593</b>	<b>DENSITY (PER SQUARE MILE)</b>	<b>1,748</b>
<b>16.7</b>	<b>POVERTY LEVEL (% BELOW)</b>	<b>14.8</b>
Under 18 - 22.9% 19 to 64 - 61.7% 65 & Older - 15.4%	<b>AGE DISTRIBUTION (GRAPH 18 &amp; 19)</b>	Under 18 - 22.3% 19 to 64 - 66.3% 65 & Older - 11.4%
White - 53.2% Black - 43.4% Other - 3.4%	<b>RACE (GRAPH 20)</b>	White - 45.8% Black - 44.6% Other - 9.6%
<b>3.9%</b>	<b>HISPANIC OR LATINO ORIGIN (GRAPH 21)</b>	<b>7.3%</b>
<b>89.4%</b>	<b>HIGH SCHOOL GRADUATES (GRAPH 22)</b>	<b>91.7%</b>
<b>31.9%</b>	<b>BACHELOR'S DEGREE OR HIGHER (GRAPH 23)</b>	<b>50.2%</b>
<b>\$49,321</b>	<b>MEDIAN HOUSEHOLD INCOME (GRAPH 24)</b>	<b>\$61,336</b>

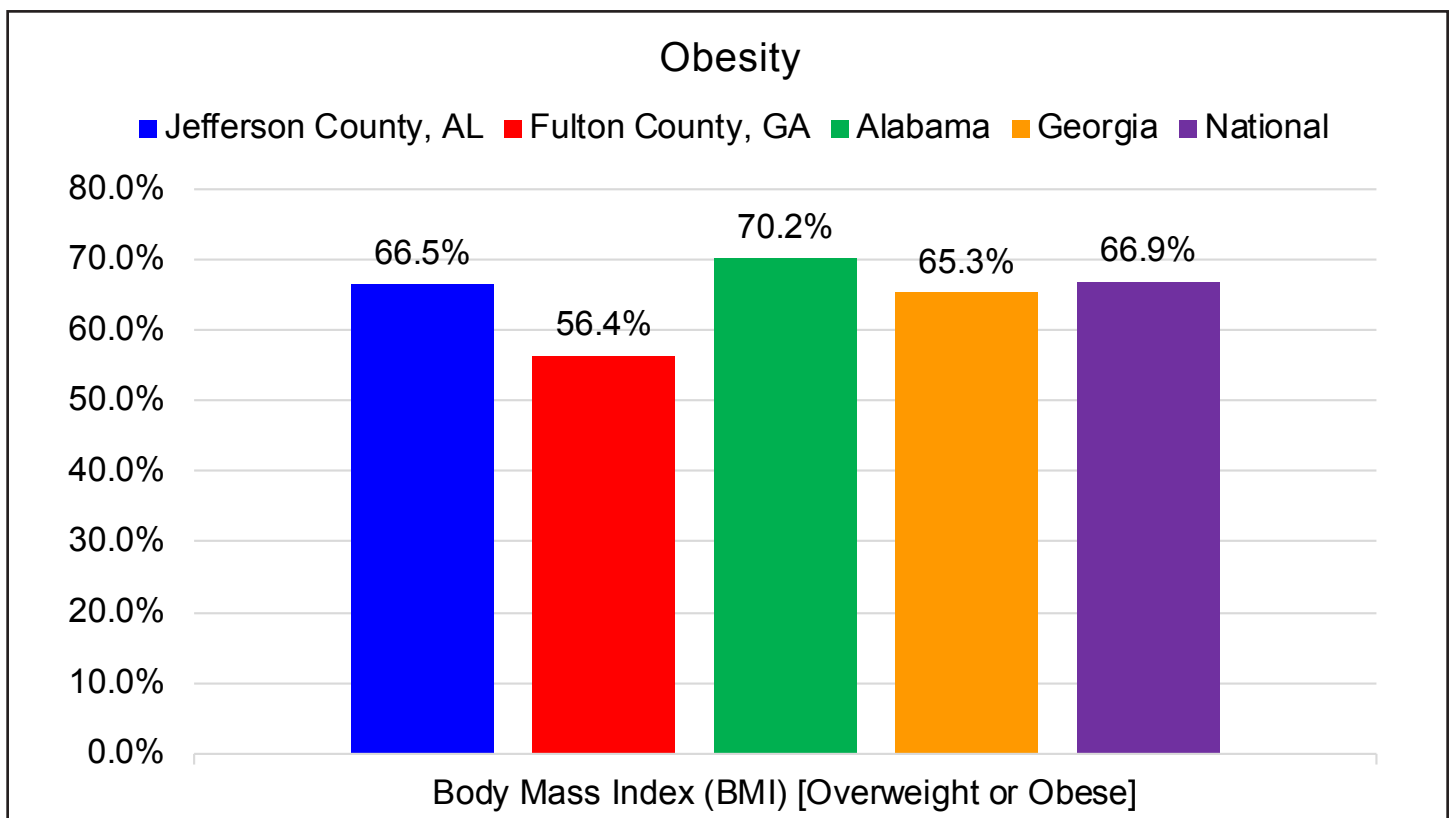
# • BRFSS Data •

Data from primary and secondary sources were analyzed. Secondary source data were aggregated at the smallest unit available - the county. Secondary data reports and other resources were carefully reviewed for this CHNA in order to provide points of comparison for the information and opinions gathered through the primary information collection process. Information from primary sources was obtained via electronic surveys, phone and in-person interviews.

## Behavioral Risk Factors

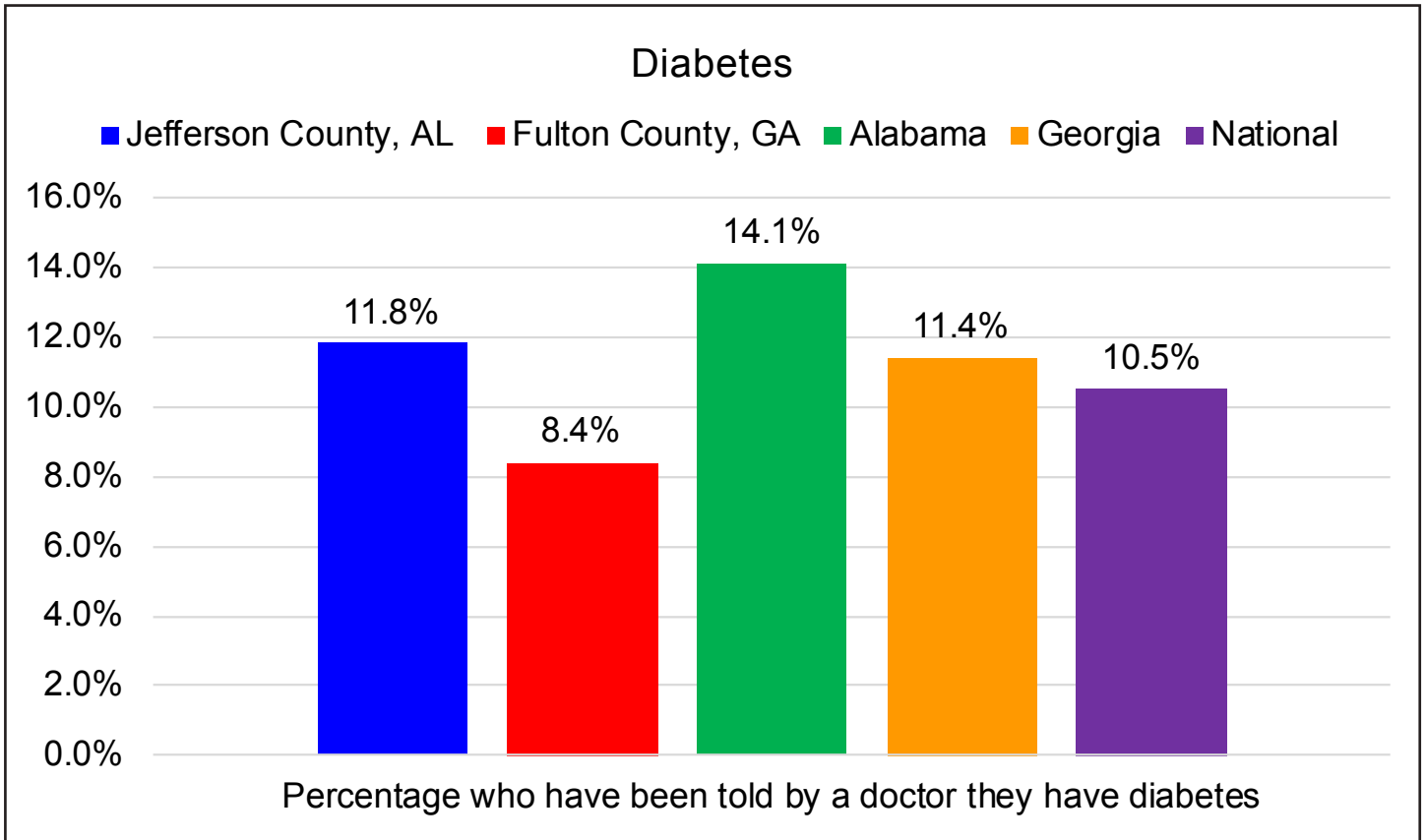
The Behavioral Risk Factor Surveillance System (BRFSS) is the world's largest, on-going telephone health survey system, tracking health conditions and risk behaviors in the United States yearly since 1984. Currently, data are collected monthly in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam. It is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. For many states, the BRFSS is the only available source of timely, accurate data on health-related behaviors.

**Graph 1. Obesity**

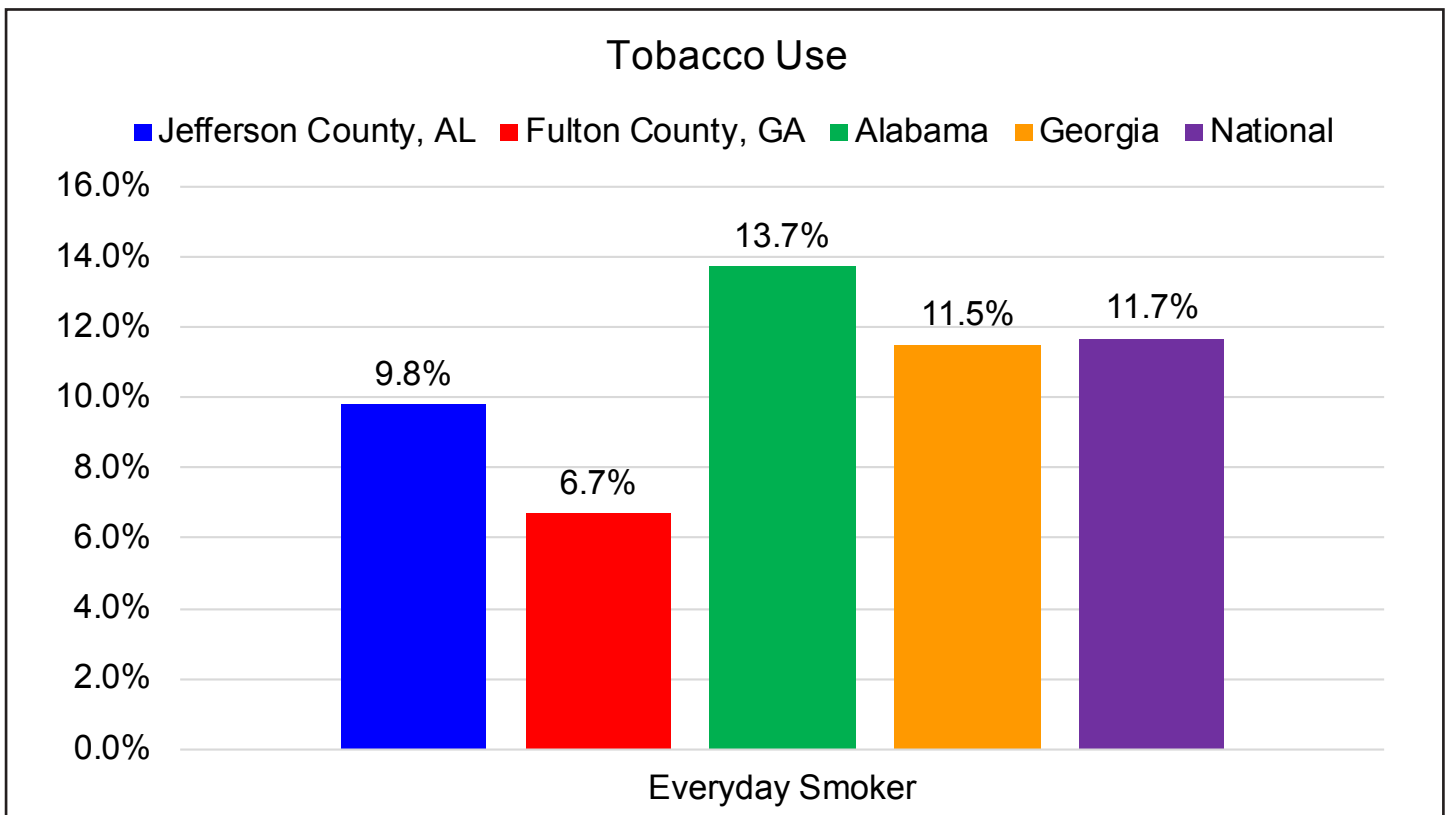


# • 2017 BRFSS Data •

**Graph 2. Diabetes**

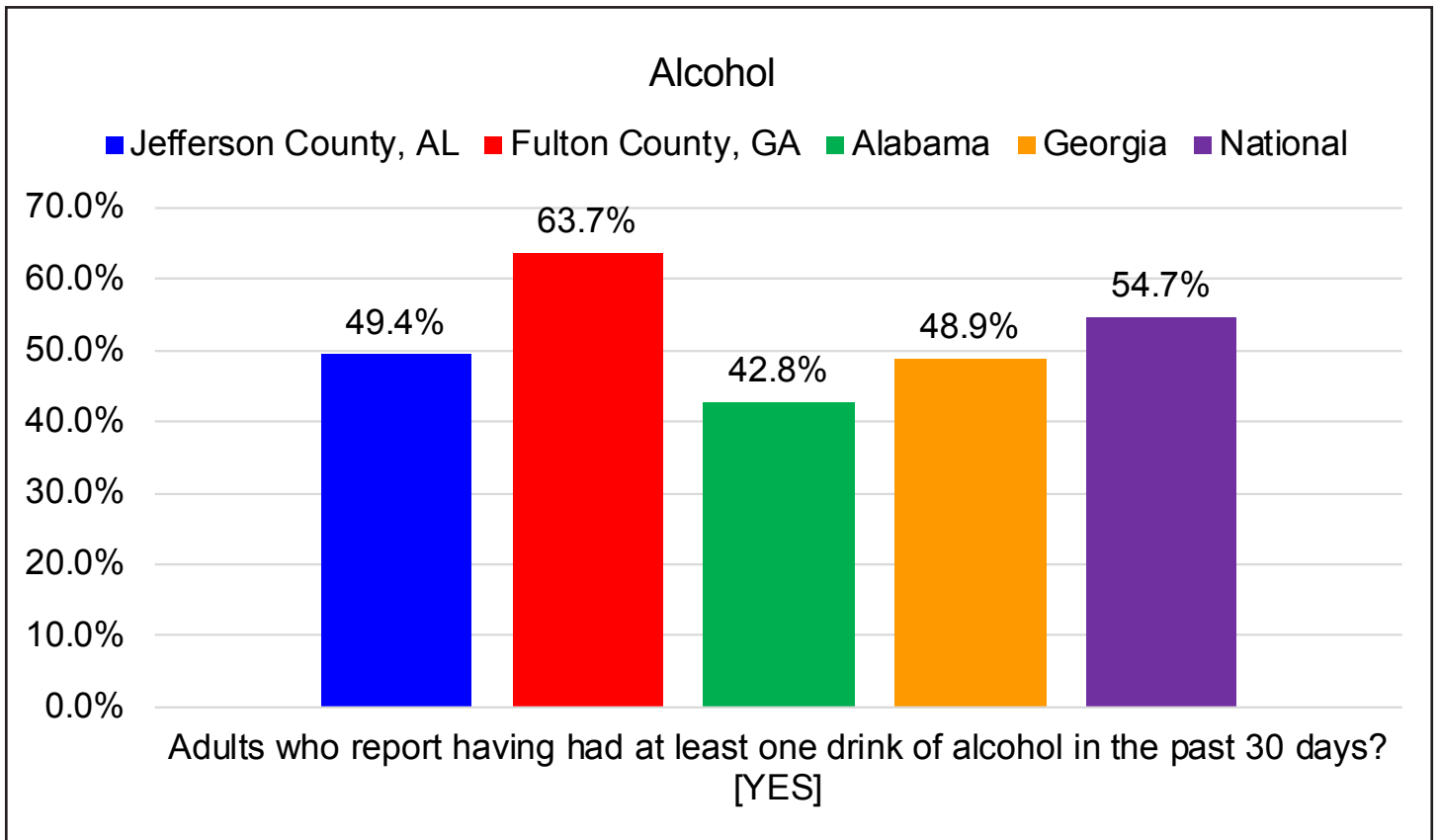


**Graph 3. Tobacco Use**

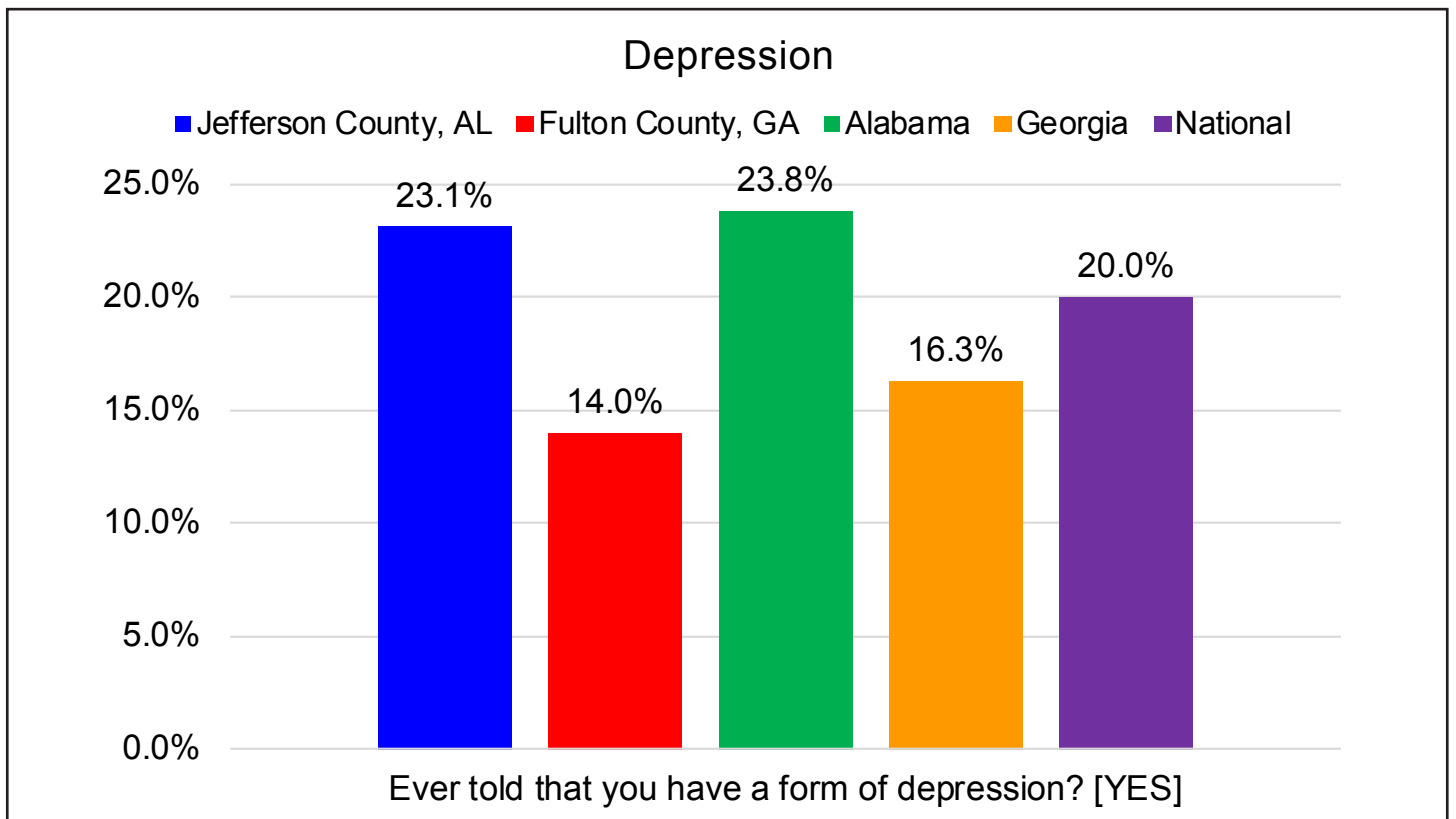


# • 2017 BRFSS Data •

## Graph 4. Alcohol Use

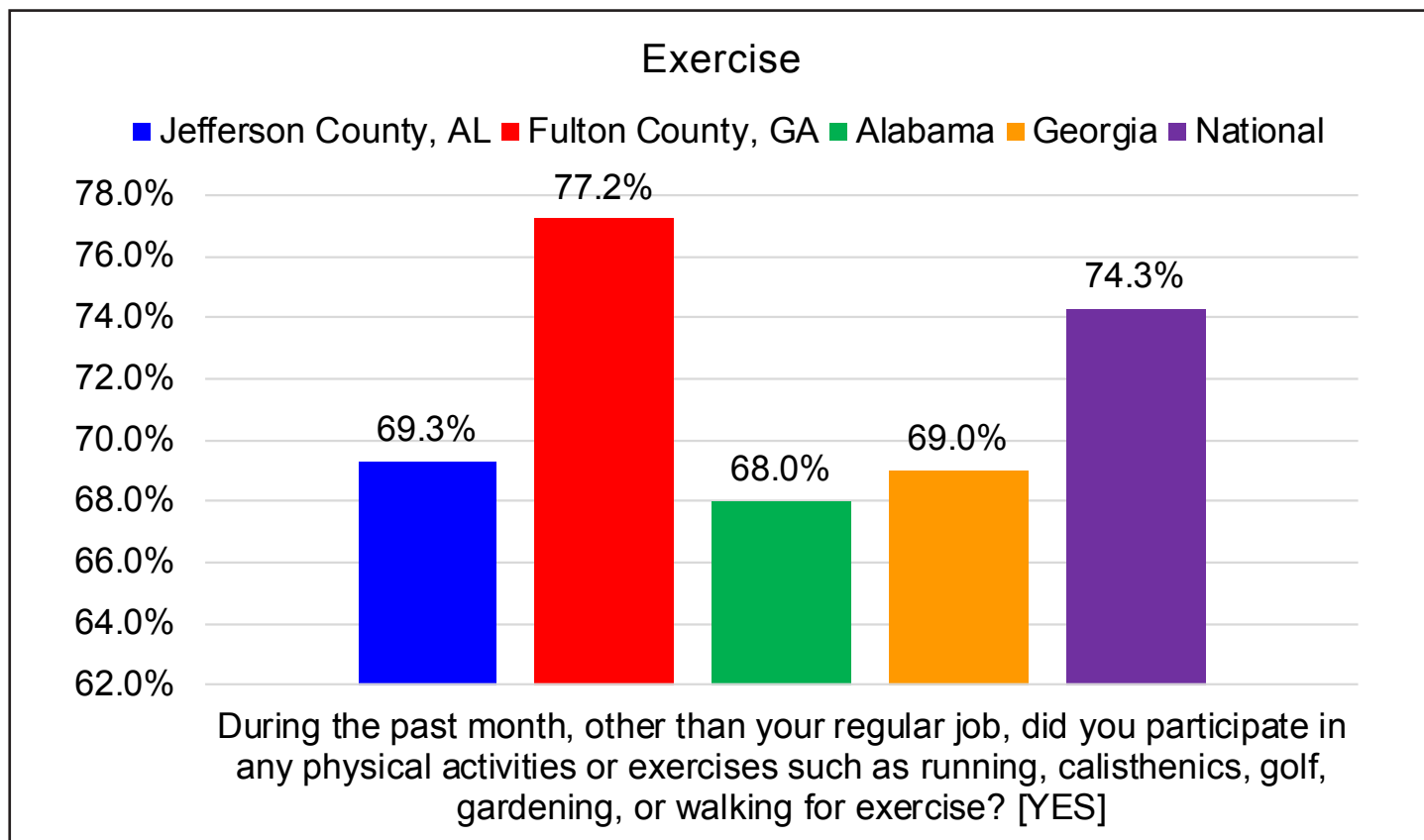


## Graph 5. Depression

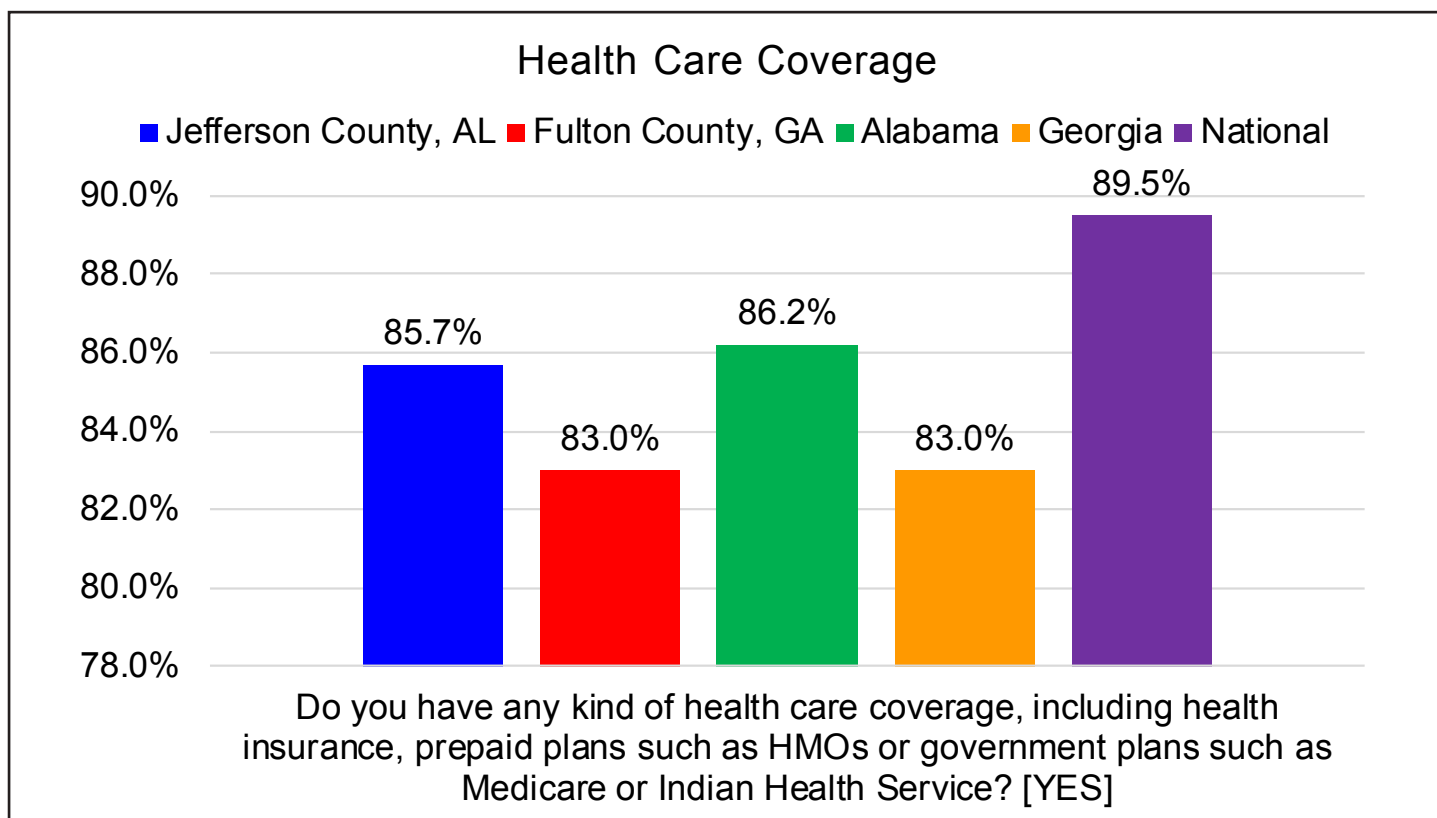


# • 2017 BRFSS Data •

## Graph 6. Exercise

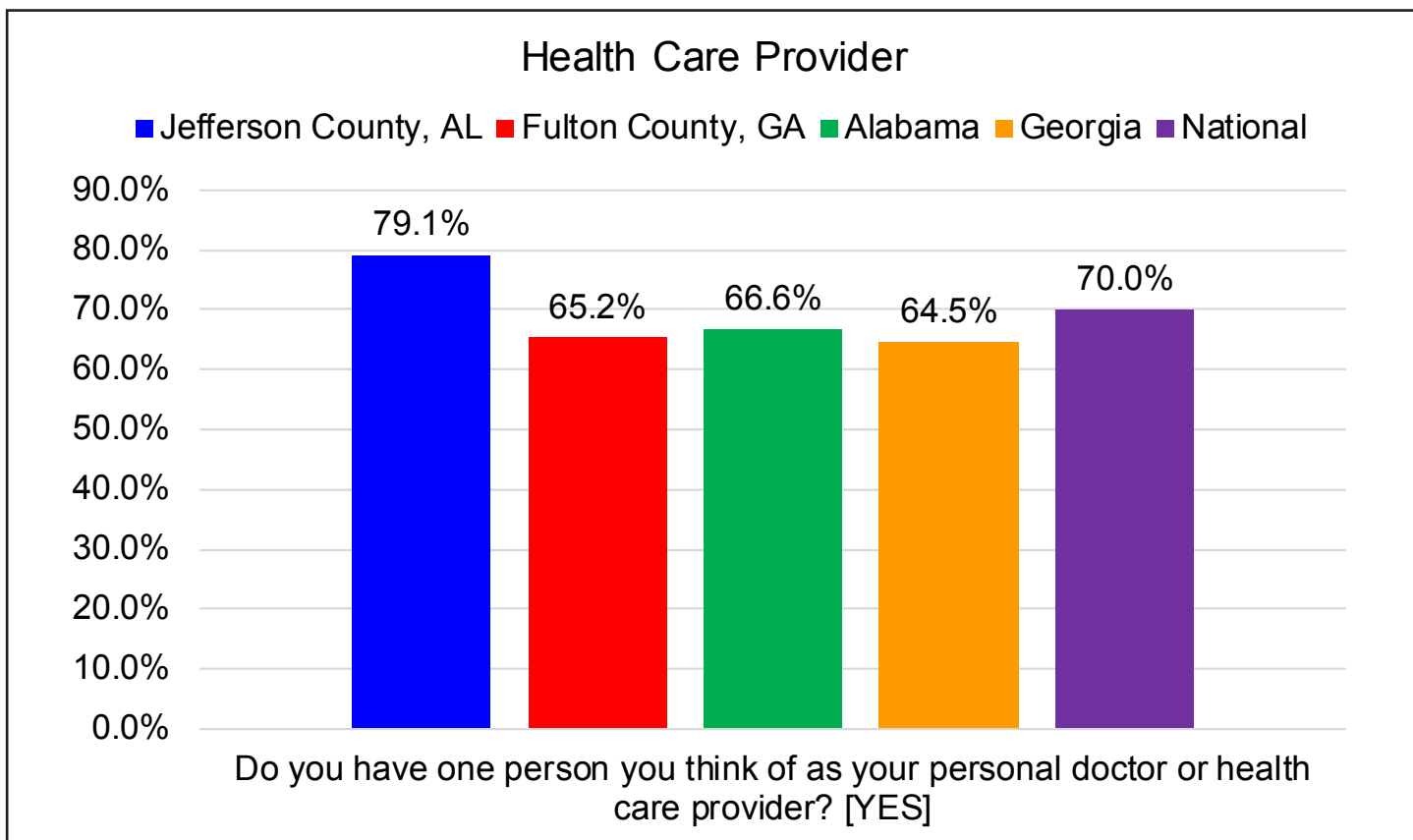


## Graph 7. Health Care Coverage



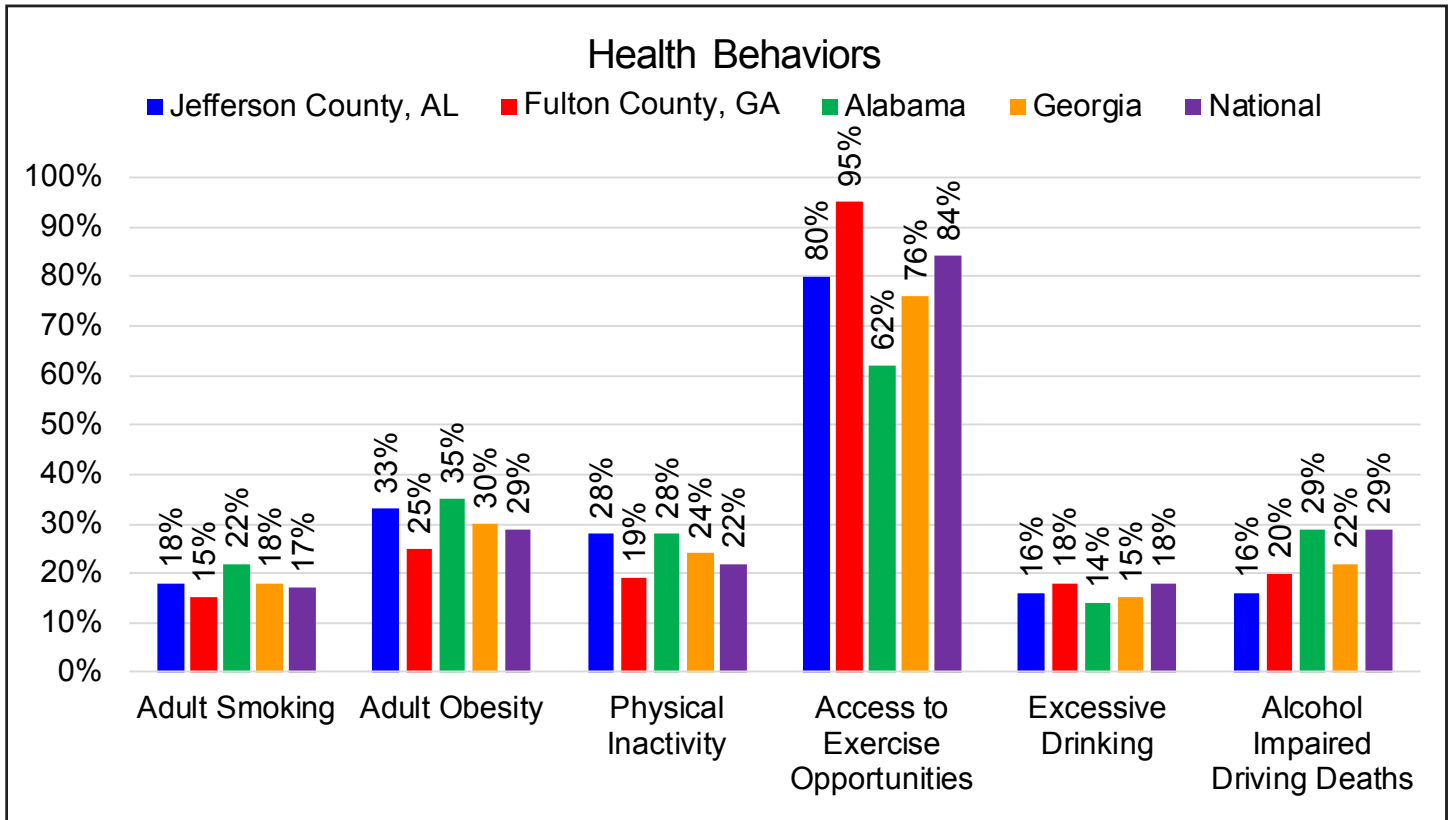
# • 2017 BRFSS Data •

Graph 8. Health Care Provider

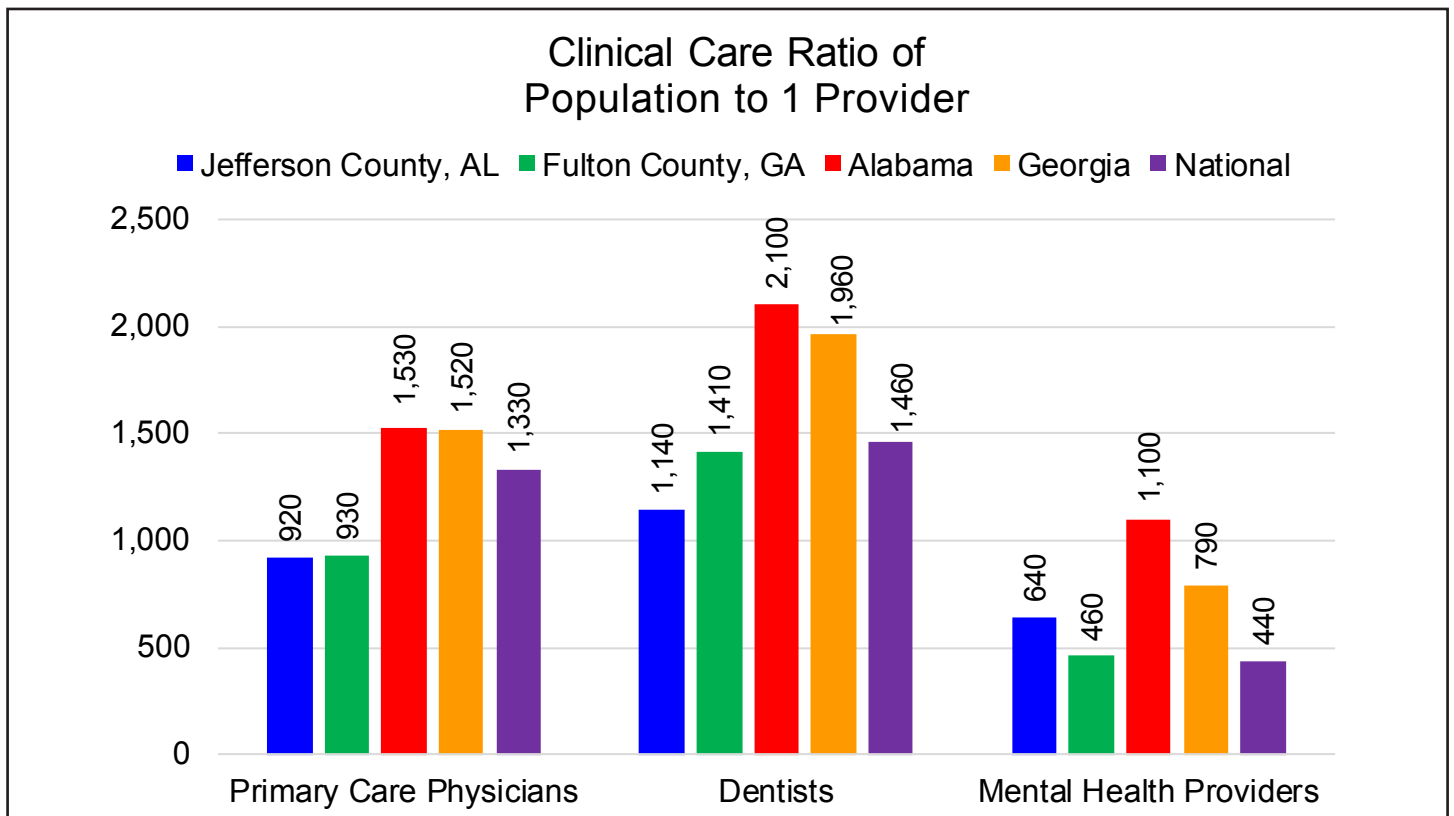


# • 2019 County Health Rankings •

Graph 9. Health Behaviors



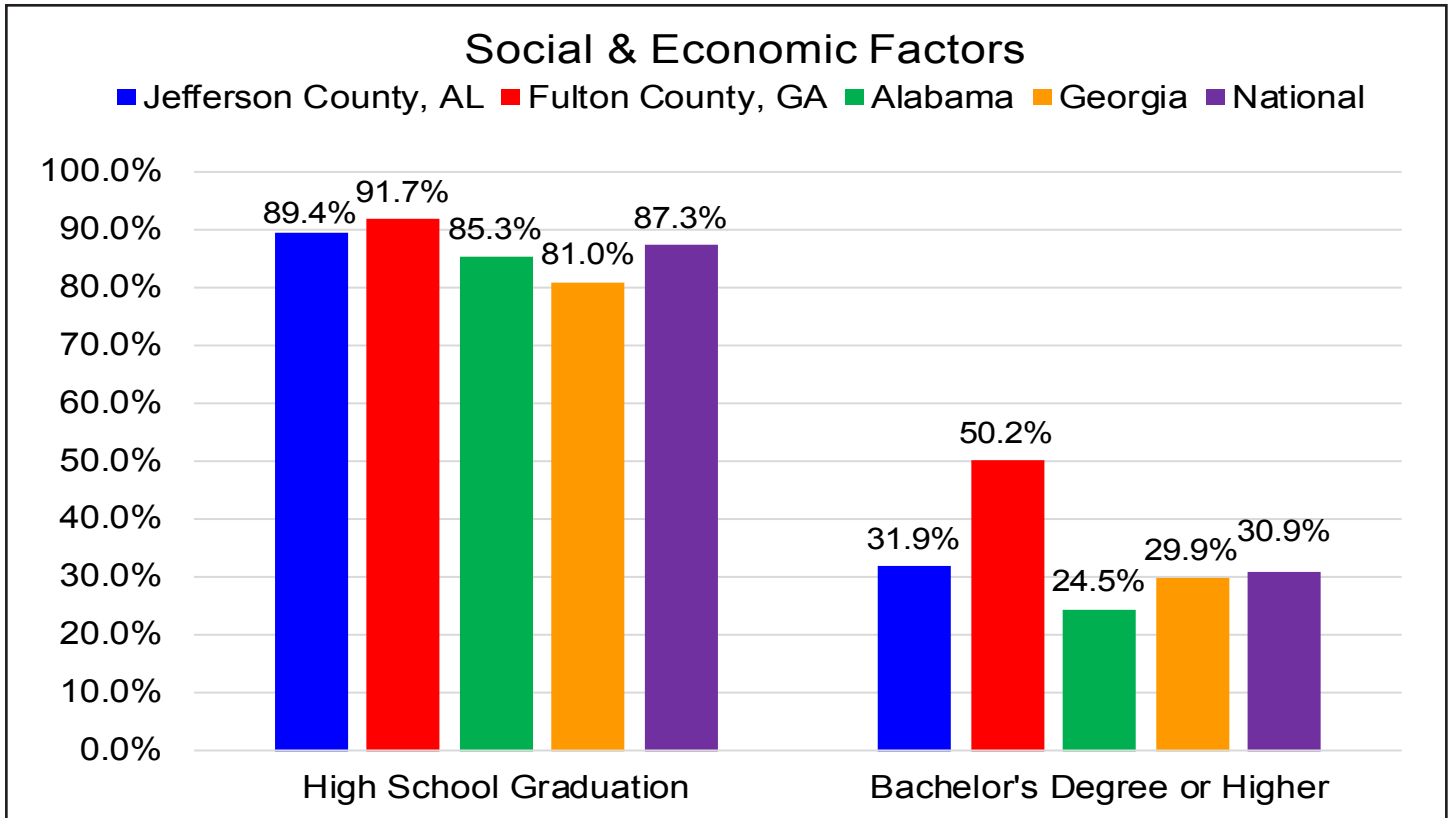
Graph 10. Clinical Care



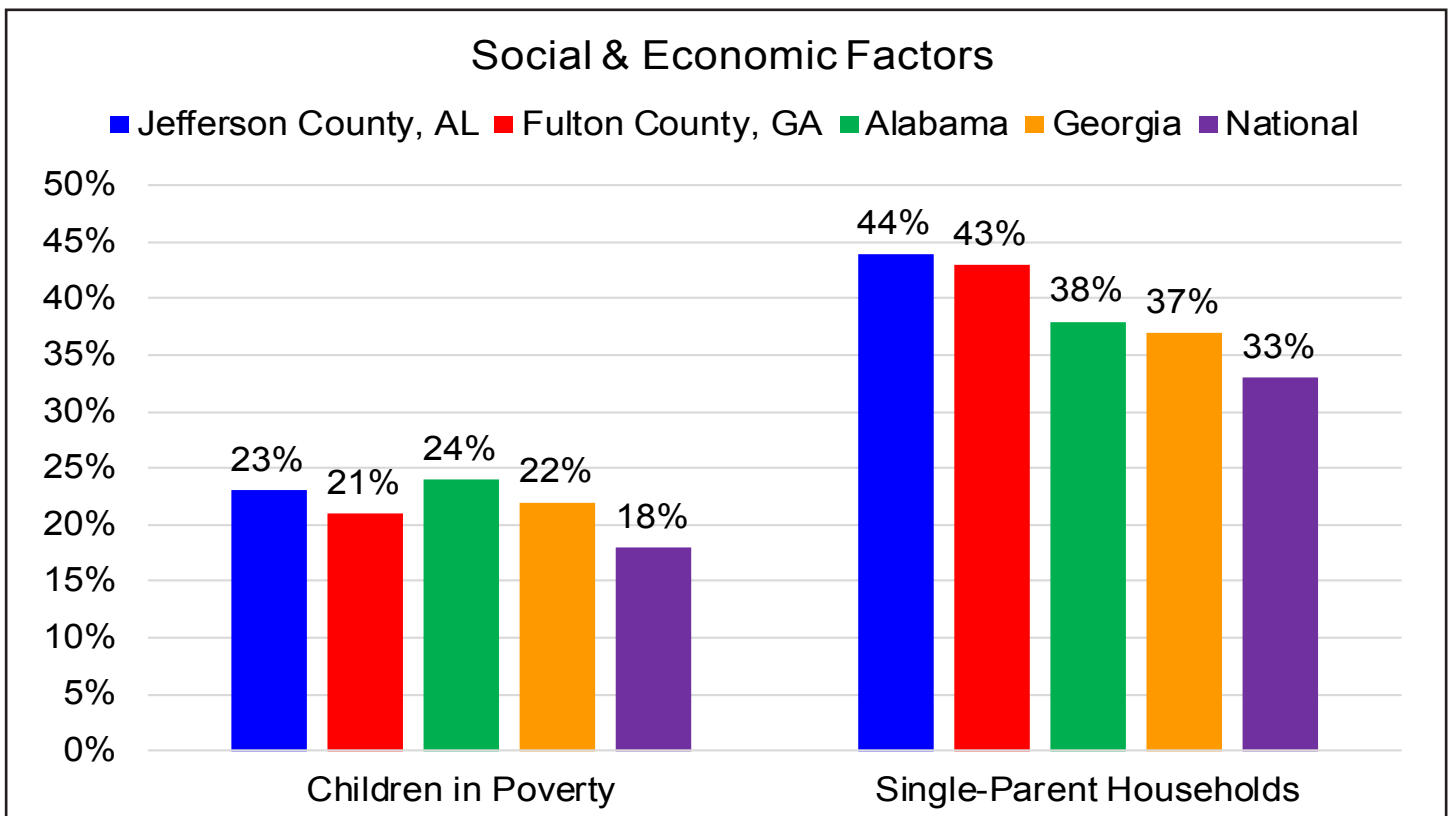


# • 2019 County Health Rankings •

Graph 11. Social & Economic Factors



Graph 12. Social & Economic Factors



# • 2019 County Health Rankings

Secondary data available on Jefferson County and all counties in the nation are available at [countyhealthrankings.org](http://countyhealthrankings.org). This annually updated site establishes a benchmark using Health Outcomes and Health Factors. The County Health Rankings are a key component of the Mobilizing Action Toward Community Health (MATCH) project. MATCH is the collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The rankings identify the multiple Health Factors that determine a county's health status. Each county receives a summary rank for its Health Outcomes and Health Factors - the four different types of Health Factors include: health behaviors, clinical care, social and economic factors, and the physical environment.

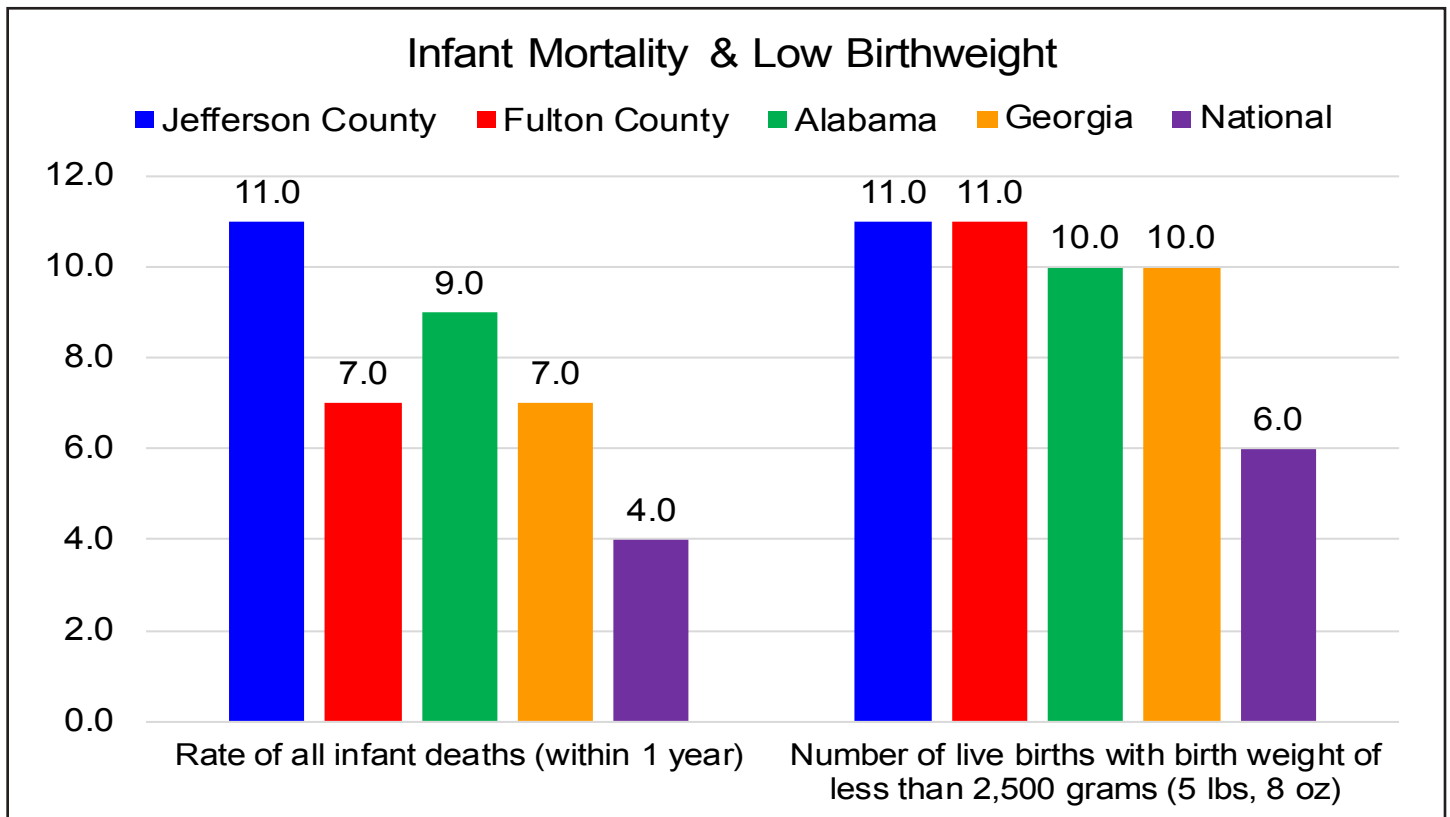
**Table 2. County Health Rankings 2019**

County Health Rankings Health Outcomes and Factors					
	Jefferson County	Fulton County	Alabama	Georgia	National Average
<b>Mortality</b>					
Premature Death (Lives Lost / 100,000)	11,000	6,800	9,900	7,700	8,500
<b>Health Behaviors</b>					
Adult Smoking	18%	15%	22%	18%	18%
Adult Obesity	33%	25%	35%	30%	32%
Physical Inactivity	28%	19%	28%	24%	26%
Excessive Drinking	16%	18%	14%	15%	17%
Alcohol-Impaired Driving Deaths	16%	20%	29%	22%	29%
Sexually Transmitted Infection (Chlamydia / 100,000)	700.1	820.5	543.6	614.6	383.5
Low Birthweight	11%	11%	10%	10%	8%
Teen Birth Rate (15 - 19 Yr Olds / 100,000)	32	24	33	33	32
<b>Clinical Care</b>					
Uninsured	10%	13%	11%	15%	11%
Primary Care Physicians	920:1	930:1	1,530:1	1,520:1	1,830:1
Preventable Hospital Stays (Per 100,000 Medicare Enrollees)	4,236	4,423	5,496	4,851	4,828
Mammography Screening	47%	38%	42%	40%	40%
<b>Social &amp; Economic Factors</b>					
High School Graduation	89%	87%	89%	81%	88%
Unemployment	4.2%	4.8%	4.4%	4.7%	4.6%
Children in Poverty	23%	21%	24%	22%	22%
Children in Single - Parent Households	44%	43%	38%	37%	32%
Violent Crime Rate / 100,000	873	763	480	388	252
<b>Physical Environment</b>					
Air Pollution - Particulate Matter / Cubic Meter	13.4	12.0	11.0	10.9	9.0
Food Environment Level [0 (worst) - 10 (best) - Food Desert]	6.2	6.8	5.8	6.0	7.5
% Adequate Access to Exercise Opportunities	80%	95%	62%	76%	63%

# • Health Indicators Data •

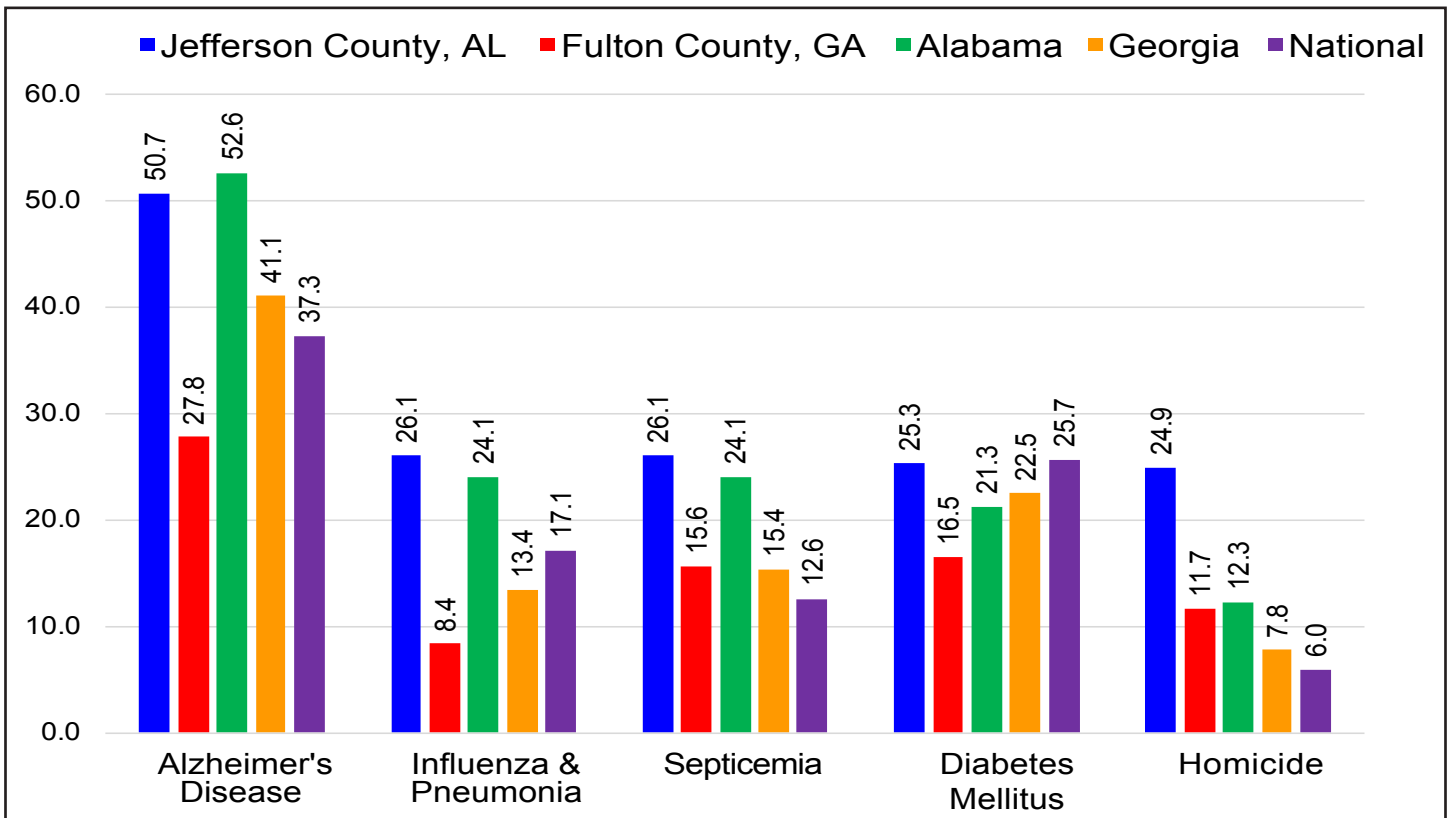
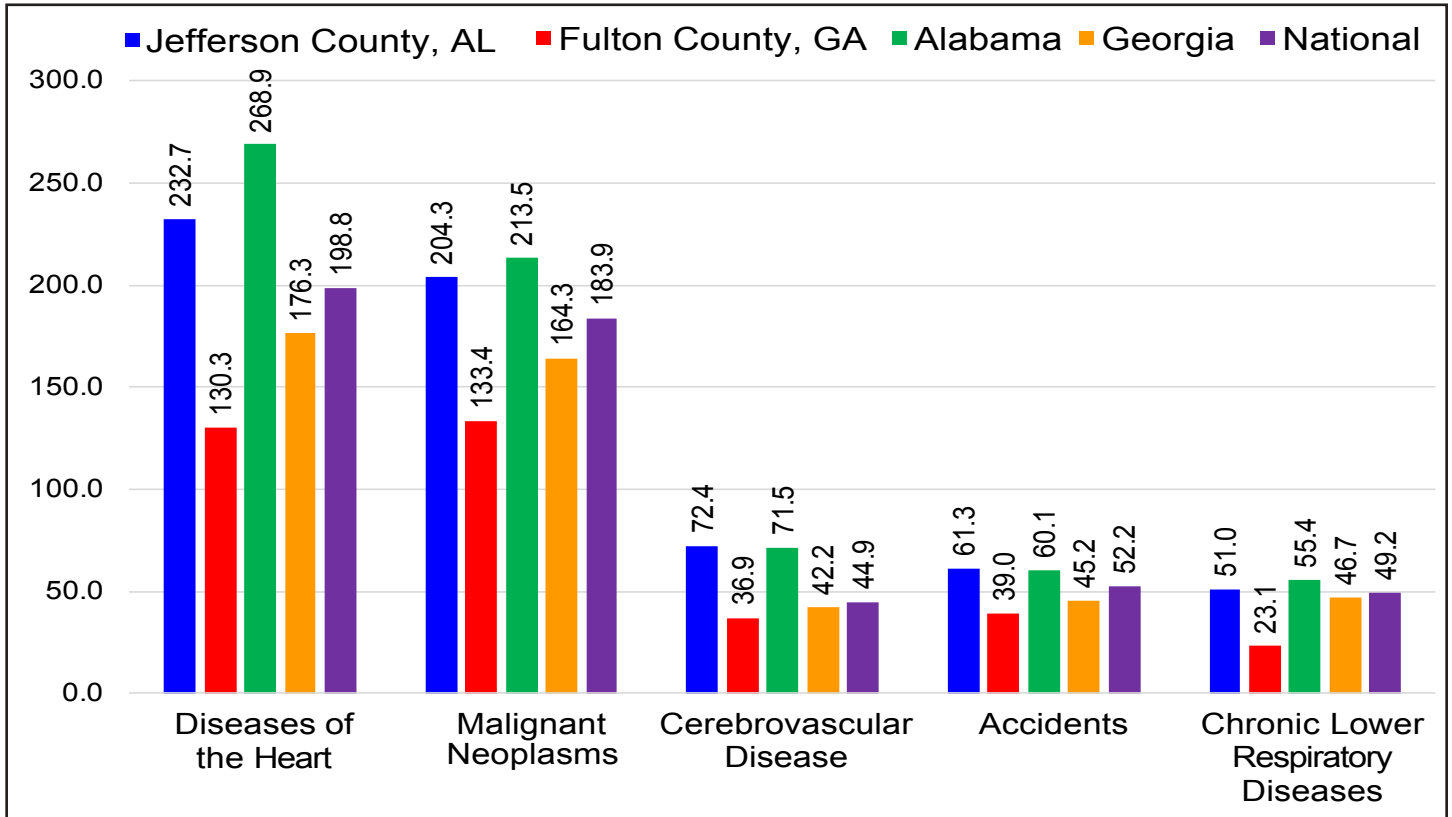
Community Health Status Indicators (CHSI) provide data on over 200 key health indicators for each of the 3,141 U.S. counties. The data are provided to assist community leaders and public health professionals as they identify, compare, and address the most pressing issues for their community.

**Graph 13. Infant Mortality and Low Birth Weight 2018 (healthdata.gov)**



# • Health Indicators Data •

Graph 14. Deaths per 100,000 Population CHSI



\*Diseases of the Heart: Ischemic Heart Disease, Acute Myocardial Infarction, Artherosclerotic CVD, Hypertensive Heart Disease

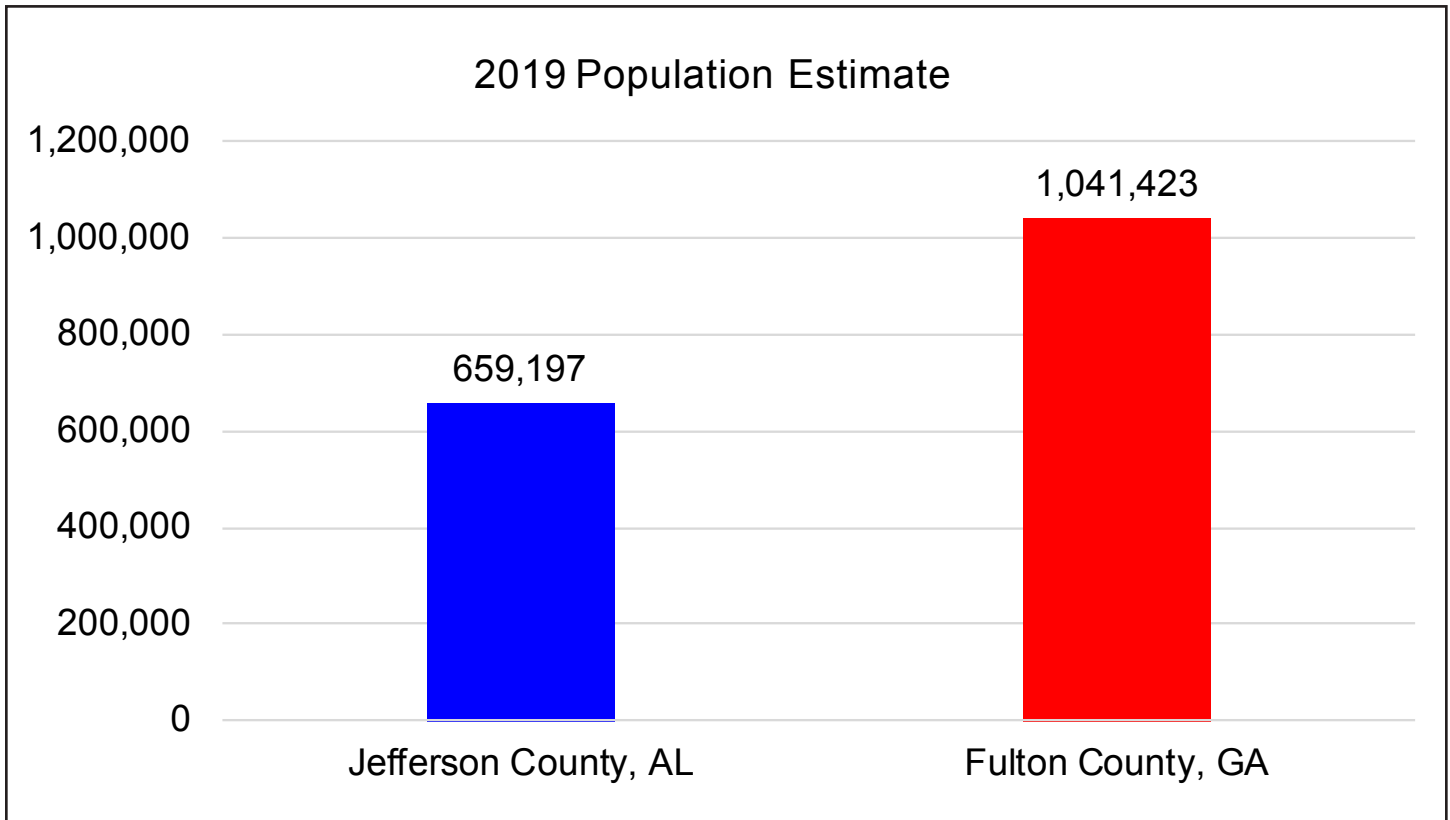
\*Malignant Neoplasms: Cancer of the trachea, Bronchus & Lung; Cancer of the Colon, Rectum & Anus; Cancer of the Lymphoid, Hematopoietic & Related Tissue

\*Cardiovascular Diseases: Stroke

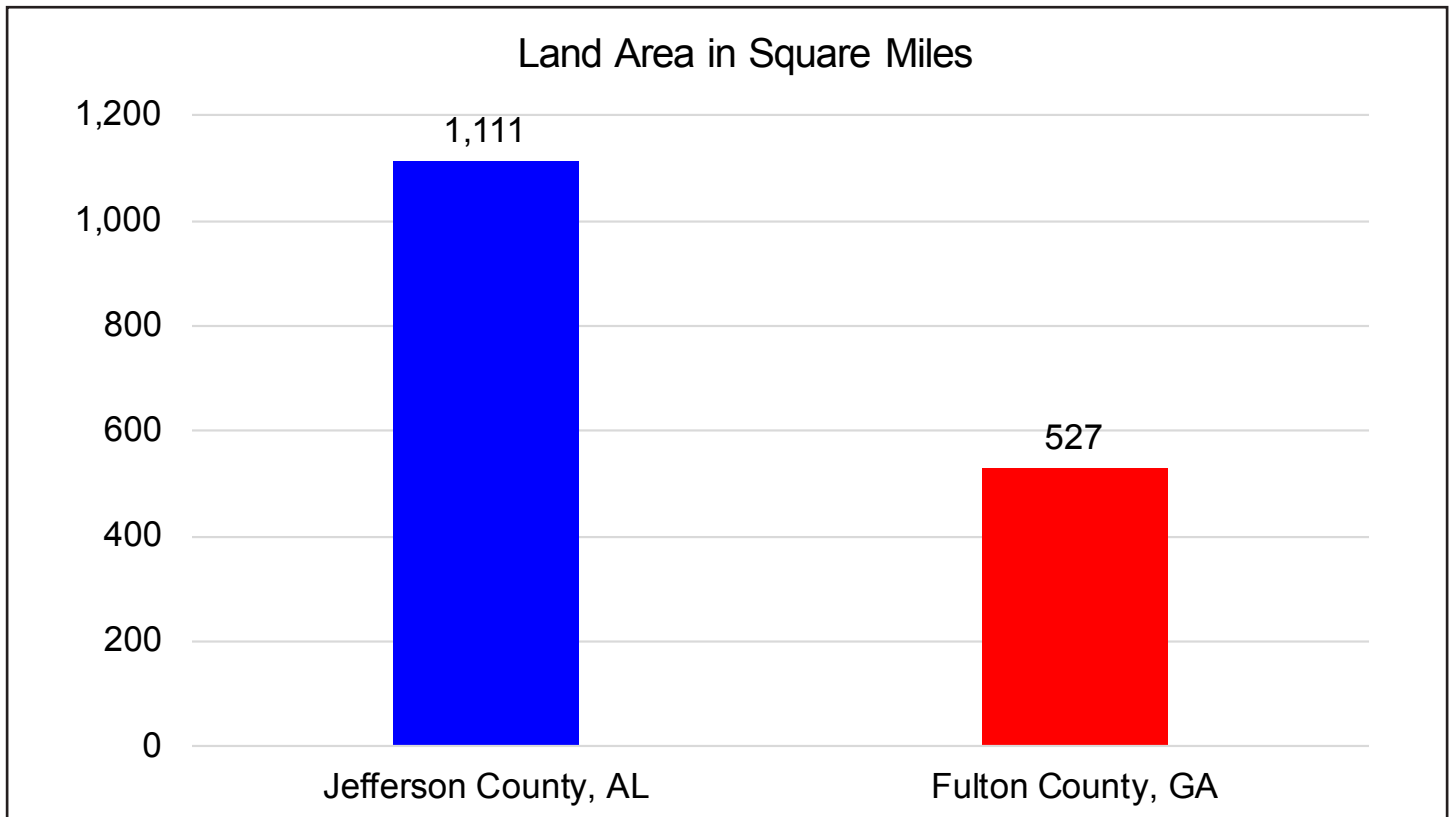
\*Accidents: Poisoning & Exposure to Noxious Substances, Non-transport Accidents, Motor-vehicle Accidents

# • Census Data •

**Graph 15. U.S. Census – 2019 Population Estimate**

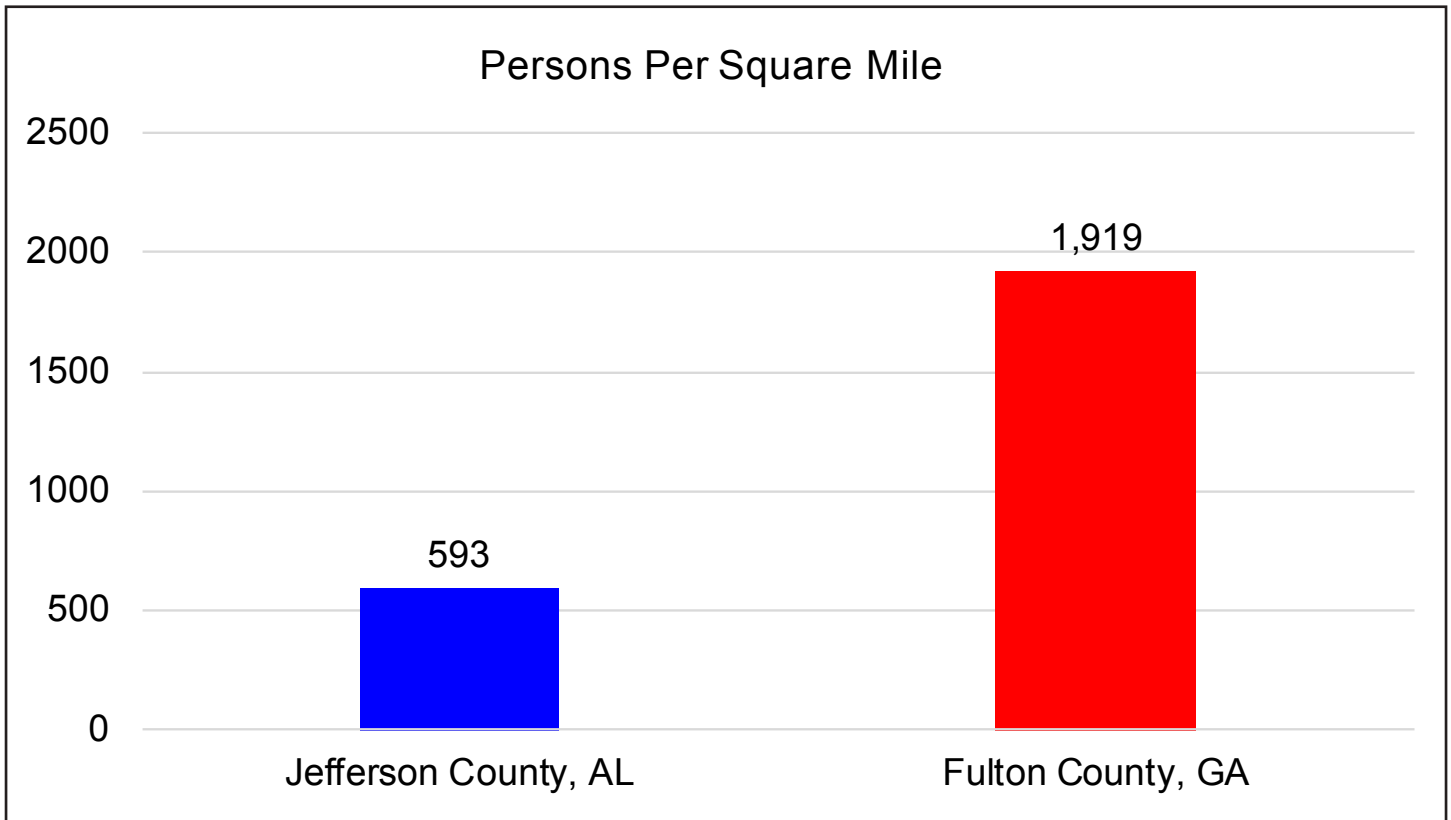


**Graph 16. U.S. Census – Land Area**

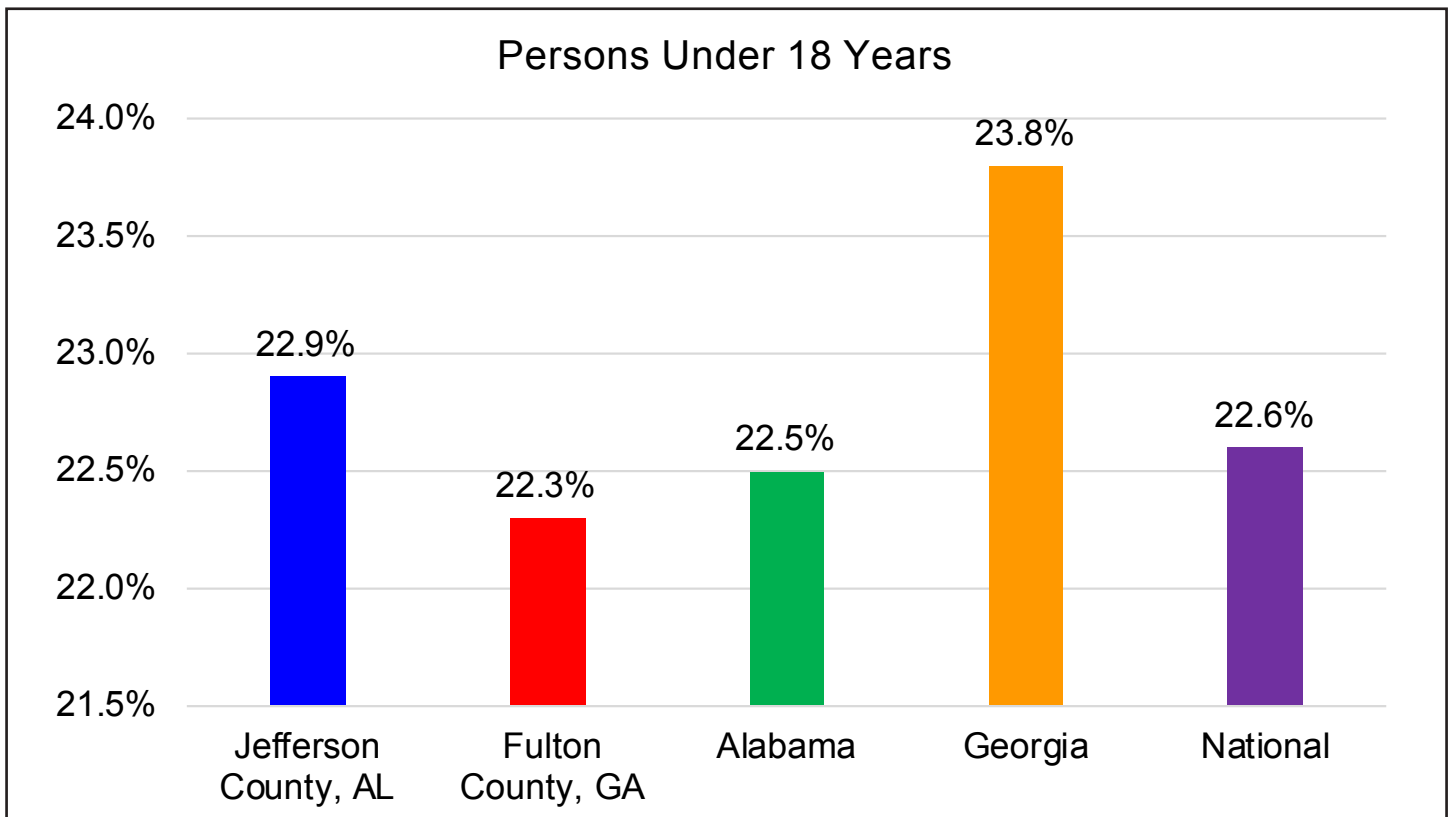


# • Census Data •

**Graph 17. U.S. Census – Persons per Square Mile**

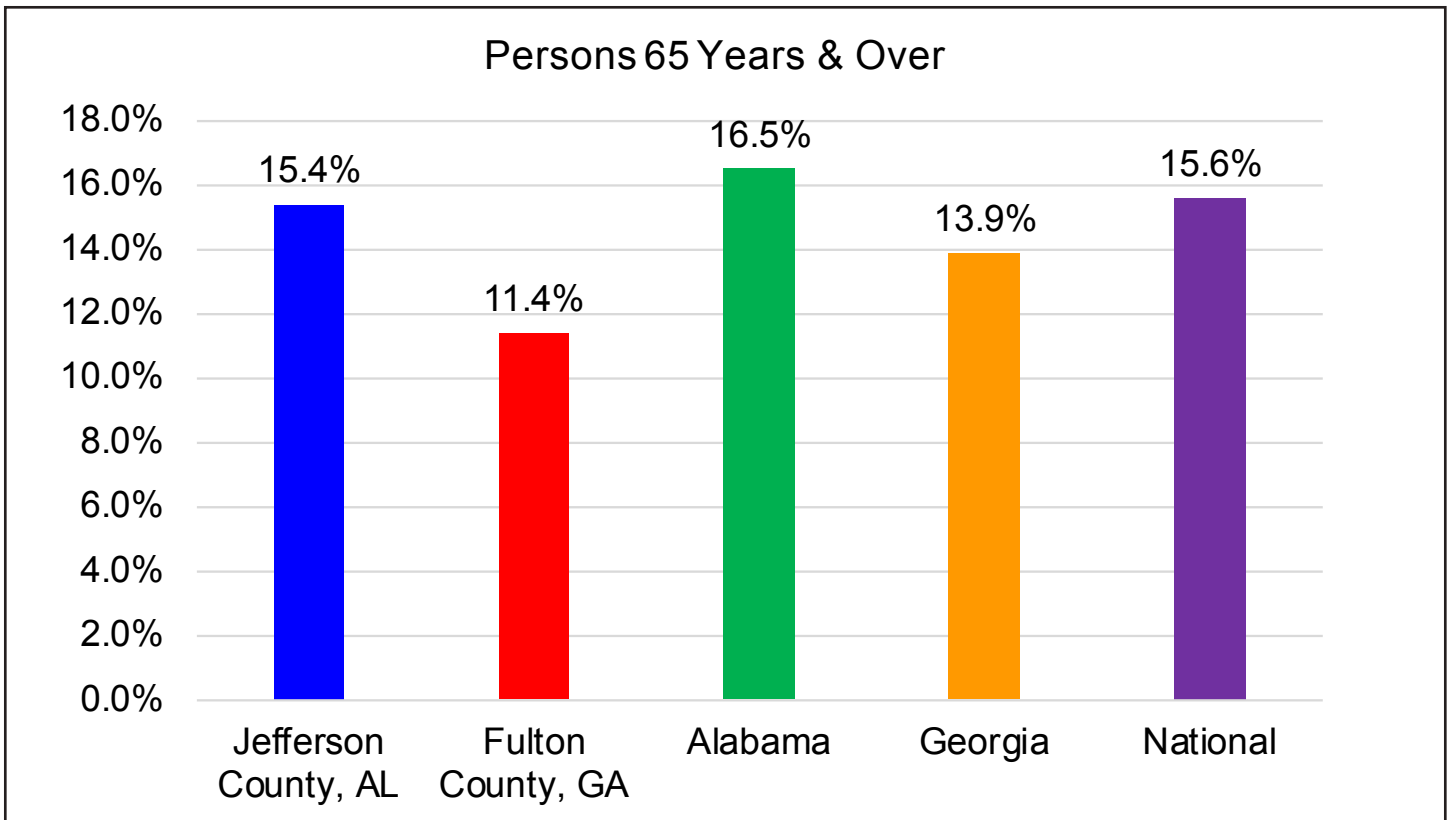


**Graph 18. U.S. Census – Persons Under 18 Years**

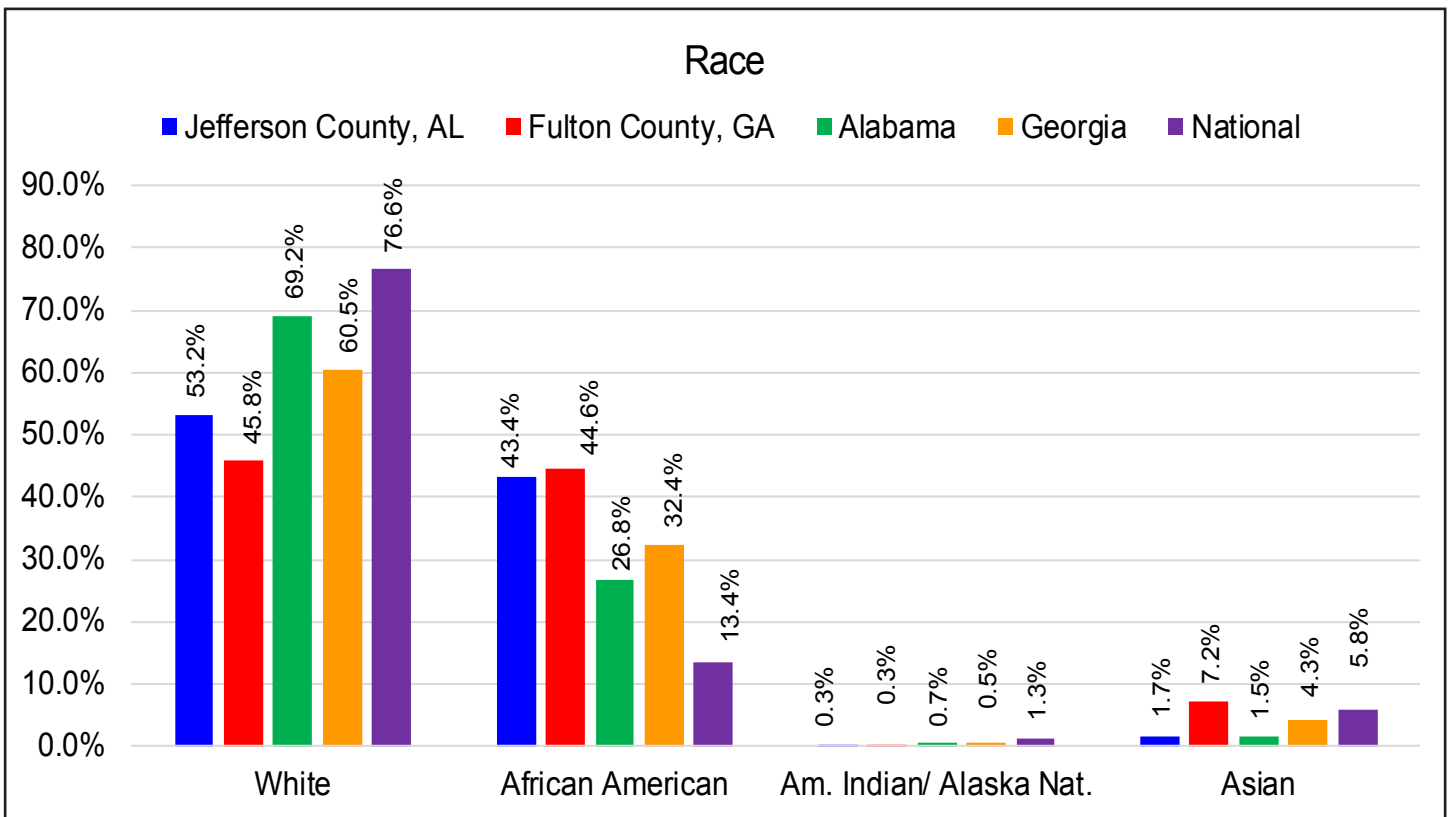


# • Census Data •

**Graph 19. U.S. Census – Persons 65 Years & Over**

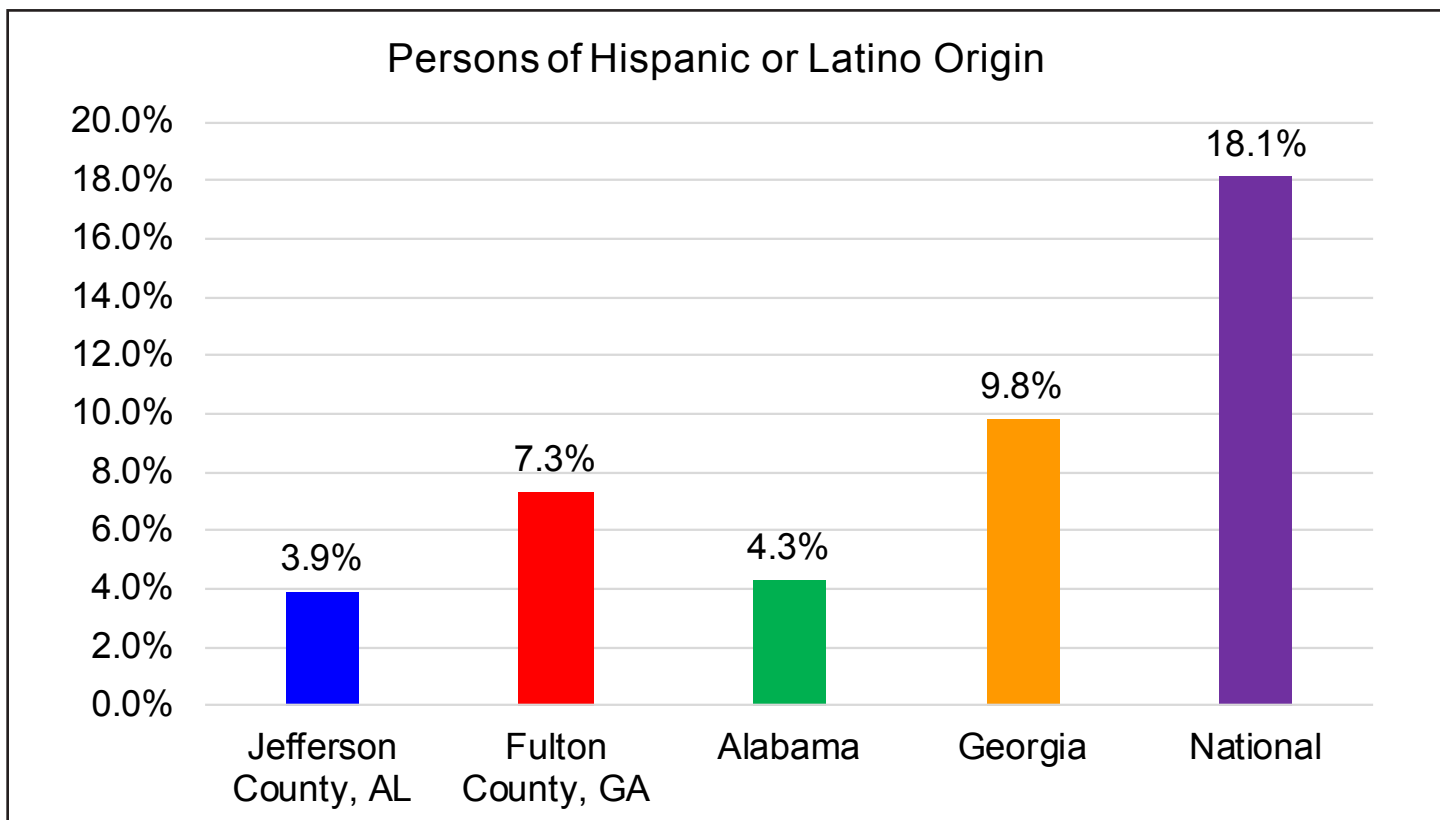


**Graph 20. U.S. Census – Race**

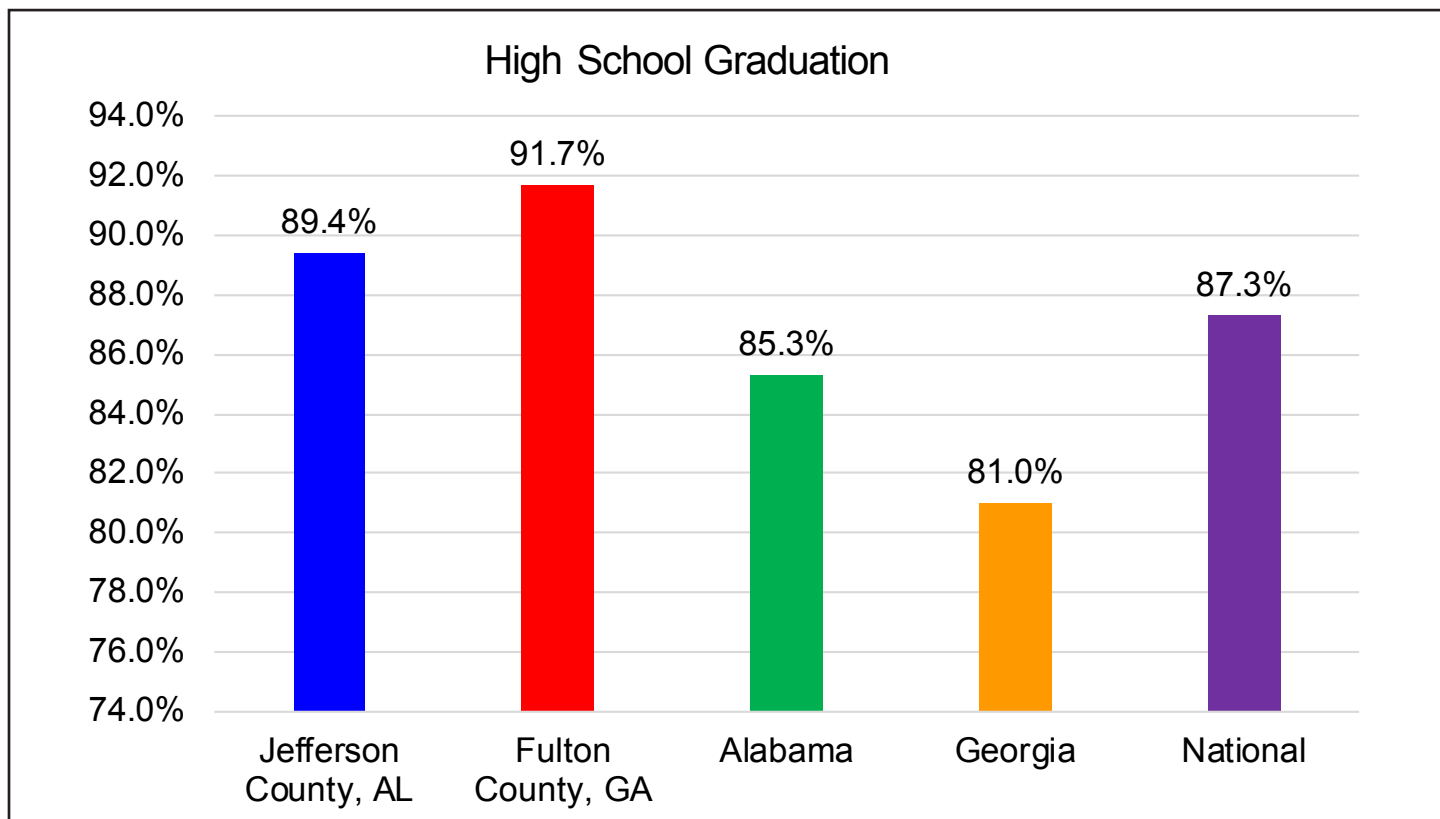


# • Census Data •

**Graph 21. U.S. Census – Persons of Hispanic or Latino Origin**



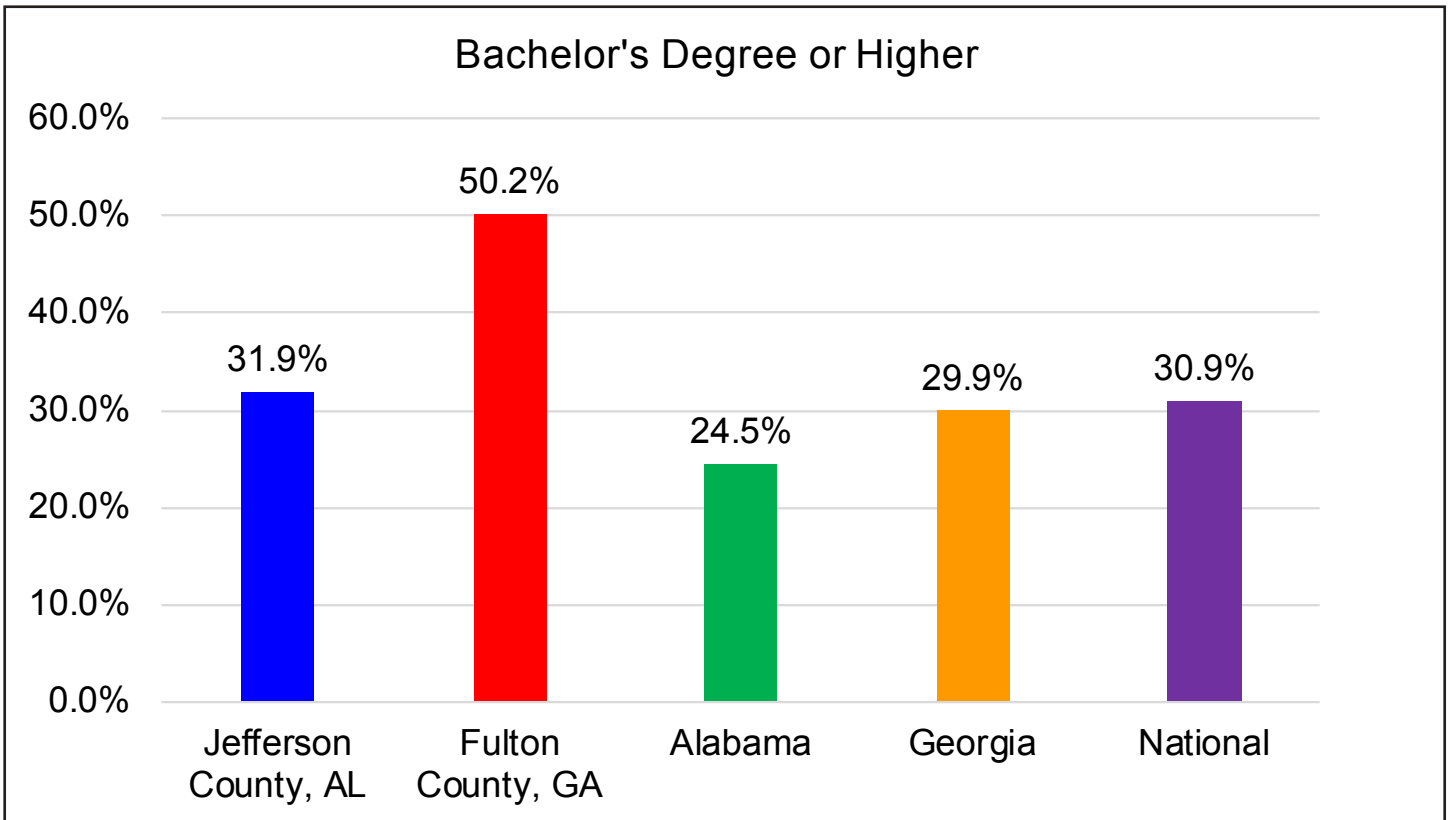
**Graph 22. U.S. Census – High School Graduate or Higher**



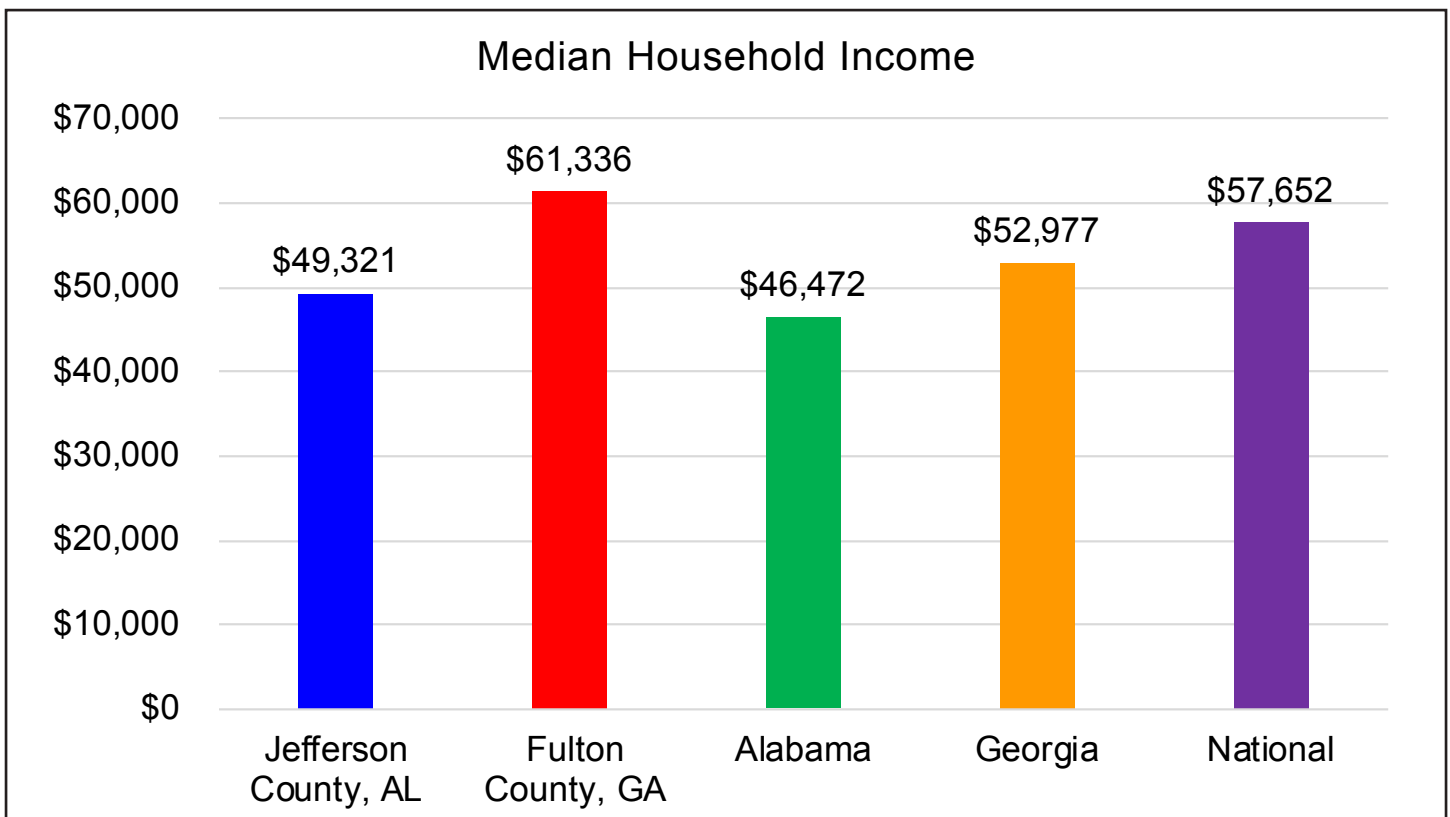


# • Census Data •

**Graph 23. U.S. Census – Bachelor's Degree or Higher**

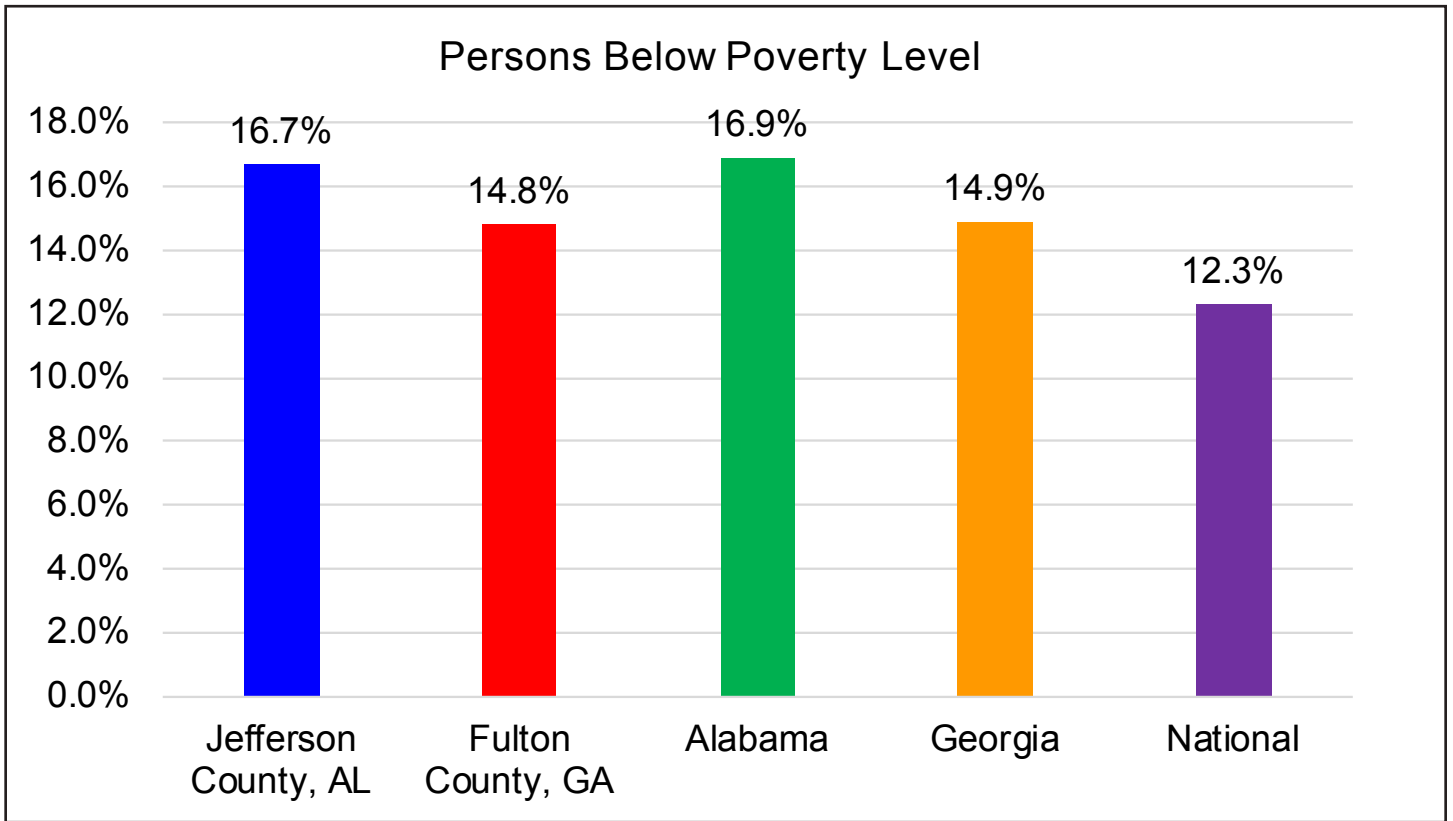


**Graph 24. U.S. Census – Median Household Income**



# • Census Data •

Graph 25. U.S. Census – Persons Below Poverty Level



# • Interviews/Surveys •

In order to formulate a comprehensive list of the greatest health needs within the Medical West community, survey and interview questions were developed as previously described. Using the guidance provided in iR's notice 2011-52 on Community Health needs assessments for tax-exempt hospitals, the CHNA team identified key informants. The list of key informants included health experts at the state and community levels and local civic leaders. These key informants were queried using a variety of techniques including electronic survey, and telephone and in-person interviews. Below is a list of the survey questions and the weighted responses:

## **WHICH ARE MOST PRESSING HEALTH CONCERNS IN YOUR COMMUNITY? (INTERVIEWS/SURVEY)**

- Access to healthcare
- Obesity
- Opioid Epidemic
- Depression
- Chronic Illnesses
- Unhealthy Society
- Lack of Appropriate Services for Adults
- Social Determinants
- Cancer
- Heart Disease & Stroke

## **WHICH ARE THE PROBLEMS/CONCERNS IN YOUR COMMUNITY? (SURVEY)**

- Access to healthcare
- Drug Use
- Obesity
- Homelessness
- Poor Diet
- Tobacco Use
- Lack of Exercise
- Alcohol Abuse
- Literacy
- Increase in Elderly Population

## **MOST COMMON CAUSE OF DEATH IN YOUR COMMUNITY? (SURVEY)**

- Heart Disease & Stroke
- Cancer
- Diabetes

## **MAIN REASON PEOPLE DON'T SEEK HEALTHCARE IN YOUR COMMUNITY? (INTERVIEWS/SURVEY)**

- Lack of Insurance
- Transportation
- Cost
- Fear
- Lack of Access to Primary Care Physicians

## **WHAT IS THE HOSPITAL'S ROLE IN ADDRESSING NEEDS? (INTERVIEWS/SURVEY)**

- Education
- Improving Access and Health
- Understand Concept of Population Health
- Stronger Relationships with Community Resources
- Take Care of Acute Illness then Send to PCP to Stay Healthy
- Offer Screenings

# • Summary of Findings •

The CHNA Oversight Committee, consisting of representatives from mid and senior level management at the hospital and health care system, determined the greatest health care needs of the community. They were:

1. Access
2. Cardiac Health Education
3. Good Nutrition / Obesity Prevention

Identifying the needs of the community provides Medical West the opportunity and the knowledge to better align existing programs and to design future efforts to best meet the needs of their community.



# MEDICAL WEST

## 2019 Community Health Needs Assessment – Implementation Strategy -

### Hospital and Clinics Summary

A staple in the community for nearly 50 years, Medical West continues to provide high quality health care to the residents of Bessemer and West Jefferson County. The hospital has seen many changes since it first opened as Bessemer Memorial in 1964. In 1973, Medical West became part of the Carraway system and was renamed Bessemer Carraway. In 2002, the hospital joined the UAB Health System.

Medical West is a 310-bed acute care hospital offering a wide range of diagnostic, surgical, medical, and emergency services. Primary care physicians, specialists, and sub-specialists have offices located on the Medical West main campus. Residents of Hueytown, McCalla, Tannehill, Vance and Hoover benefit from the convenience of Medical West family practice and internal medicine health centers in their neighborhoods.

### Target Areas and Population

The Medical West Community is defined using the 12 zip codes derived from 74% of the hospital's inpatient/ outpatient discharges. The zip codes encompass the entire county of Jefferson and small portions of Bibb and Tuscaloosa Counties. For the purposes of this study, the Medical West community will be defined as Jefferson County or Jefferson County and all contiguous counties.

#### Population

Located in central Alabama, Jefferson County is a mix of urban, suburban, and rural environments. There are 67 communities within the county, 34 of which are incorporated municipalities. According to the U.S. Census Bureau, the most recent population estimate for Jefferson County is 659,197. The dominant language is English, with 5.9% speaking another language in the home.

#### Race/Ethnicity

The population of Jefferson County is 53.2% white, 43.4% black, and 3.1% other. The U.S. Census Bureau considers Hispanic/Latino heritage as an ethnicity and not a race. Of Jefferson County residents responding to the most recent census, 3.9% consider themselves to be of Hispanic/Latino origin. Persons of Hispanic/Latino origin may be of any race, and are included in the applicable race categories above. The Hispanic/Latino population of Jefferson County is 4.3%.

## Education

Of Jefferson County's 659,197 residents, 22.9% are under 18 years old and are served by 12 school systems. There are 11 city systems and one run by the Jefferson County Board of Education. This county system is Alabama's second largest school district with 57 schools, 4,500 teachers, and over 36,000 students. The system offers a multitude of academic, career technical and extracurricular opportunities for students. The Birmingham City School System serves students in the city of Birmingham with 43 schools, (18 elementary, 8 middle, 10 K-8 schools, and 7 high schools). Of the county's residents, 89.4% graduated from high school. Jefferson County offers many post-secondary education opportunities. Birmingham Southern, The University of Alabama at Birmingham, and Samford University provide the area with major colleges of medicine, dentistry, optometry, pharmacy, law, engineering, and nursing. Of the county's residents, 31.9% hold a Bachelor's degree or higher. Birmingham has been the home of The University of Alabama at Birmingham School of Medicine since 1947. Birmingham is also home to three of the state's five law schools.

## Employment

Jefferson County is an economic catalyst for the state. Not only does it have many companies and organizations with a large employment base, but it is a hub for medical care. UAB has an extensive healthcare complex and is the second largest employer in the state. The per capita income of a Jefferson County resident in 2017 was \$29,456 and median family income was \$49,321. The percentage of residents living below the poverty level is 16.7%. As of February 2019, the unemployment rate for Jefferson County was 3.7% which is the same as the rate for the state of Alabama. UAB is the largest healthcare provider in the state, while Blue Cross Blue Shield of Alabama is the major health insurance carrier in the state with corporate headquarters in Birmingham. Major financial institutions include Regions, BBVA/Compass, and Wells Fargo. Honda Manufacturing of Alabama (4,500 employees) and Mercedes-Benz U.S. International, Inc. (3,600 employees) are the major manufacturing employers. Both are located in adjacent counties within driving distance of Birmingham.

# How the Implementation Strategy Was Developed

The Medical West Implementation Plan was developed based on the findings of our CHNA conducted by Alabama Quality Assurance Foundation.

The CHNA reviewed our target areas and population, key demographic data, health trends in the key markets, comparisons to a similar market, internal stakeholder surveys, and key informant interviews.

After all the data was compiled and reviewed, the UAB CHNA Oversight Committee reviewed the top ranking health priorities and approved the Top Three Health Needs. This Oversight Committee membership included leadership from Medical West, primary care physicians, UAB Health System strategic planning, UAB Health System marketing, UAB Hospital Well ness, and the Director of the UAB Health System Population Health Task Force.

# Updates on the 2016 CHNA Action Plan

## In 2016 the top three Health Needs identified were as follows:

1. Access to health care
2. Diabetes
3. Obesity

## 2016 Health Need Number One: Access to health care

We have made progress on many initiatives that address access to care for our population. The main initiatives and brief updates are listed below:

- A. Senior Care program (transportation)** - Medical West provides discounted transportation to members of the Senior Care program to and from their physician appointments at Medical West. Membership is for adults 50+ and is \$30/year. Transportation is \$2 round trip. We now provide rides 2-3 days per week and have streamlined the pickup process for patients to contact our drivers directly.
  - Updates:** Medical West has over 1,000 Senior Care members and provides an average of 300 rides per year.
- B. Community Health Fairs-** Medical West hosts multiple health screenings such as Blood Pressure, BMI and Glucose Checks in the community including the BBQ and Blues Festival, the YMCA Slim Down, Let's Get Fit, as well as various church health fairs. Our most recent involvement included a Bessemer Health Day, Arthritis Foundation Jingle Bell Run and Music Festival, Nursing Home health fairs, Hoover Day, and AHA Heart Walk.
  - Updates:** In addition to the list of health fairs, we have added Mudbugs & Music, Celebrate Hoover Day, Hoover Hayride & Family Night, National Night Out and Scale Back Alabama. In 2017, Medical West raised over \$20,000 for the American Heart Association's Birmingham Heart Walk. Annually, we reach approximately 34,000 members of the community through health fairs and events.
- C. Health Talking Circles-** Meetings are held monthly at the Dunbar Abrams Center in Bessemer. Health topics are presented at each meeting with time for discussion. We've also expanded access to physician Q&As through with Senior Care luncheons.
  - Updates:** We now offer our Senior Wellness Luncheons quarterly at the Bessemer Civic Center. Physicians are invited to speak at these events and have spoken about topics such as bone health, skin cancer, cholesterol, water therapy, vaccinations, diabetes, blood pressure, allergies and fitness for seniors, just to name a few. More than 1,000 senior members of the community participate in these luncheons annually.
- D. Annual Free Prostate Screenings-** Conducted in conjunction with the Urology group at Medical West.
  - Updates:** This program is no longer offered.
- E. Recruiting additional primary care and specialty physicians-** Medical West Physician Relations Director is consistently recruiting additional physicians to serve our growing community. In the past 3 years, Medical West has added over 20 physicians to their network and is continually looking to add more. These physicians have created multiple new clinic locations to broaden the reach of our primary care offerings.
  - Updates:** We currently have 44 total providers, including 6 CRNPs/PA-Cs.

## 2016 Health Need Number Two: Diabetes

We are working on many initiatives that will address access to care for our population. The main initiative and brief summary is listed below:

- A. **Free monthly Diabetic Education Classes at the hospital-** Classes are held free of charge to members of the community. Diabetes Management topics are presented at each meeting. A light "diabetic-friendly" meal is also served.
  - i. **Updates:** Diabetes courses are now offered on an individual basis. Patients may call at any time to schedule an appointment with a Diabetes Educator. We see an average of 25 inpatients per month and 5 outpatients per month.
- B. **Head to Toe and Total Wellness newsletters (with healthy recipes, health articles, etc.)-** Quarterly newsletters are sent to the public with important health news and information, healthy recipes and an events calendar including all of the free classes and support groups Medical West offers. We expanded the circulation our well ness newsletter by including in comprehensive Medical West magazine. The "Discover" publication now reaches 17,000 households three times per year.
  - i. **Updates:** While Head to Toe and Total Wellness are no longer in circulation, our Discover magazine reached 19,000 households three times per year. This magazine is also always stocked in all of our satellite health center locations as well as hospital lobbies and waiting areas.
- C. **Onsite Diabetic Educator-** Medical West has a certified Diabetic Educator who meets with inpatients in the hospital. Inpatients are also consulted by with the Clinical Dietitians to explain how to manage their condition. The team of Dietitians recently expanded their services to include outpatient consultations on meal preparations and healthy eating habits.
  - i. **Updates:** This is an ongoing initiative.
- D. **Monthly Lunch and Learns-** Each month employees are invited to attend a free Lunch and Learn event where health topics such as healthy meal planning, exercise tips and other information are presented. Many of our physicians have participated in these educational sessions.
  - i. **Updates:** This is an ongoing initiative.
- E. **Online health information-** The Medical West website provides weekly articles and recipes for healthy living, disease management and prevention (including diabetes) and healthy recipes. This same information is also presented on Facebook, Twitter, YouTube, Pinterest and Instagram. We've now expanded our health content by posting the "Discover" publication online; including many professionally produced healthy living articles.
  - i. **Updates:** This is an ongoing initiative.
- F. **Health and Diabetes articles in Western Star -** Each month, the Medical West diabetic educator writes an article about Diabetes management and prevention that is featured in our local newspaper.
  - i. **Updates:** This is no longer offered.
- G. **Health Talking Circles-** Meetings are held monthly at the Dunbar Abrams Center in Bessemer. Health topics are presented at each meeting with time for discussion. We've also expanded access to physician Q&As through with Senior Care luncheons.
  - i. **Updates:** We now offer our Senior Wellness Luncheons quarterly at the Bessemer Civic Center. Physicians are invited to speak at these events and have spoken about topics such as bone health, skin cancer, cholesterol, water therapy, vaccinations,



diabetes, blood pressure, allergies and fitness for seniors, just to name a few. More than 1,000 senior members of the community participate in these luncheons annually.

### 2016 Health Need Number Three: Obesity

We are working on many initiatives that will address access to care for our population. The main initiative and brief summary is listed below:

- A. **Health Rewards Employee Wellness Program-** Medical West has a comprehensive wellness program for employees including annual biometric screenings and incentives for healthy behavior. Incentives now include savings on insurance premiums and redeemable gift vouchers.
  - i. **Updates:** Since 2016, over 450 employees have participated in this program annually. We are currently looking at new ways to enhance this program with the involvement of our medical staff.
- B. **Scale Back Alabama** -Medical West participates in the statewide program and provides a weigh in site for both employees and members of the community. Each year has continued to drop more pounds and create community awareness through increased media coverage.
  - i. **Updates:** We have nearly 200 employees participate in this program annually. Many employees continue to track their weights by weighing-in throughout the year with our Employee Health Nurse.
- C. **Scaleback Specials in Cafeteria** -In addition to the "Health Smart" daily selections in the cafeteria, the Medical West Food Services department has a "Scaleback Special" every Wednesday. The meal is always a healthy seasonal option. Recipe cards are even given so that diners can make the healthy meal at home. The cafeteria is available for employees and members of the community. Beginning in 2015, the "Scale back Special" was expanded to every Tuesday and Thursday. The healthy option has been very successful as a staple item.
  - i. **Updates:** This is an ongoing initiative.
- D. **Annual YMCA Slim Down-** Medical West partners with the Legacy YMCA in Bessemer to provide free cholesterol and glucose checks to members each January. In addition, guest speakers from the hospital come to help educate members on healthy eating, disease management, etc.
  - i. **Updates:** This program no longer exists at the Legacy YMCA.
- E. **"Healthy Vend" vending machines-** Medical West offers "Healthy Vend" machines with healthy low-calorie alternatives to traditional vending machine food and beverages.
  - i. **Updates:** This is no longer offered.
- F. **Health Talking Circles-** Meetings are held monthly at the Dunbar Abrams Center in Bessemer. Health topics are presented at each meeting with time for discussion. We've also expanded access to physician Q&As through with Senior Care luncheons.
  - i. **Updates:** We now offer our Senior Wellness Luncheons quarterly at the Bessemer Civic Center. Physicians are invited to speak at these events and have spoken about topics such as bone health, skin cancer, cholesterol, water therapy, vaccinations, diabetes, blood pressure, allergies and fitness for seniors, just to name a few. More than 1,000 senior members of the community participate in these luncheons annually.
- G. **Farmer's Market-** Pinkston Farms conducts a Farmer's Market near the Medical West cafeteria where employees and visitors can purchase affordable fresh fruits and vegetables. The Farmer's Market expanded in 2015 to a weekly schedule of seasonal fruits and vegetables.

- i. **Updates:** Bessemer Farmers Market now comes to campus every week for our employees and community. They are here every year from June – September.
- H. **Head to Toe and Total Wellness newsletters (with healthy recipes, health articles, etc.) -** Quarterly newsletters are sent to the public with important health news and information, healthy recipes and an events calendar including all of the free classes and support groups Medical West offers. We expanded the circulation our wellness newsletter by including in comprehensive Medical West magazine. The "Discover" publication now reaches 17,000 households three times per year.
  - i. **Updates:** While Head to Toe and Total Wellness are no longer in circulation, our Discover magazine reached 19,000 households three times per year. This magazine is also always stocked in all of our satellite health center locations as well as hospital lobbies and waiting areas.
- I. **Monthly Lunch and Learns-** Each month employees are invited to attend a free Lunch and Learn event where health topics such as healthy meal planning, exercise tips and other information are presented. Many physicians have participated in the series to provide free education about smoking cessation, heart disease, and obesity.
  - i. **Updates:** This is an ongoing initiative.
- J. **Community Health Fairs-** Medical West hosts multiple health screenings such as Blood Pressure, BMI and Glucose Checks in the community including the BBQ and Blues Festival, the YMCA Slim Down, Let's Get Fit, as well as various church health fairs. Our most recent involvement included a Bessemer Health Day, Arthritis Foundation Jingle Bell Run and Music Festival, Nursing Home health fairs, Hoover Day, and AHA Heart Walk.
  - i. **Updates:** In addition to the list of health fairs, we have added Mudbugs & Music, Celebrate Hoover Day, Hoover Hayride & Family Night, National Night Out and Scale Back Alabama.
- K. **Online health information-** The Medical West website provides weekly articles and recipes for healthy living, disease management and prevention (including diabetes) and healthy recipes. This same information is also presented on Facebook, Twitter, YouTube, Pinterest and Instagram. We've now expanded our health content by posting the "Discover" publication online; including many professionally produced healthy living articles.
  - i. **Updates:** This is an ongoing initiative.

# The 2019 Action Plan

The top three Health Needs that were identified in 2019 are as follows:

1. Access
2. Cardiac Health Education
3. Good nutrition/ Obesity prevention

## 1. Access

Medical West is working on many initiatives that will address access for our population. The main initiatives and brief summaries are listed below:

- A. **Senior Care program (transportation)** - Medical West provides discounted transportation to members of the Senior Care program to and from their physician appointments at Medical West. Membership is for adults 50+ and is \$30/year. Transportation is \$2 round trip. We now provide rides 2-3 days per week and have streamlined the pickup process for patients to contact our drivers directly. The Senior Care program has 1,060 members and provides over 300 rides per year.
- B. **Community Health Fairs**- Medical West hosts multiple health screenings with Blood Pressure and BMI checks in the community including the BBQ and Blues Festival, Scale Back Alabama, Jingle Bell Run, Mudbugs & Music, March of Dimes, Birmingham Heart Walk, Celebrate Hoover Day, as well as various church health fairs.
- C. **Senior Wellness Luncheons** – Meetings are held quarterly at the Bessemer Civic Center. Health topics are presented by physicians at each meeting with time for discussion. Over 1,000 members of the community participate in these luncheons each year. Topics discussed have been bone health, skin cancer, cholesterol, water therapy, vaccinations, diabetes, blood pressure, allergies and fitness for seniors, just to name a few.
- D. **Recruiting additional primary care and specialty physicians**- Medical West Physician Relations Director is consistently recruiting additional physicians to serve our growing community. We currently have 44 employed providers including 6 CRNPs/PA-Cs to their network and are continually looking to add more. These physicians have created multiple new clinic locations to broaden the reach of our primary care offerings.

## 2. Cardiac Health Education

Medical West is working on many initiatives that address cardiac health education in our population. The main initiatives and a brief update are listed below:

- A. **Monthly Lunch and Learns**- Each month employees are invited to attend a free Lunch and Learn event where health topics such as healthy meal planning, exercise tips and other information are presented. Many physicians have participated in the series to provide free education about heart disease, cholesterol and blood pressure, just to name a few.
- B. **Community Health Fairs**- Medical West hosts multiple health screenings such as Blood Pressure, BMI and Glucose Checks in the community including the BBQ and Blues Festival, the YMCA Slim Down, Let's Get Fit, as well as various church health fairs. Our most recent

involvement included a Bessemer Health Day, Arthritis Foundation Jingle Bell Run and Music Festival, Nursing Home health fairs, Hoover Day, and AHA Heart Walk.

- C. **Online health information-** The Medical West website provides weekly articles and recipes for healthy living, disease management and prevention (including diabetes) and healthy recipes. This same information is also presented on Facebook, Twitter, YouTube, Pinterest and Instagram. We've now expanded our health content by posting the "Discover" publication online; including many professionally produced healthy living articles.
- D. **Cardiac Rehabilitation Program –** This fall Medical West will begin a Cardiac Rehabilitation program with the goal of providing a customized outpatient program of exercise and education. This program is designed to help patients improve their cardiovascular health and recover from heart-related illnesses through exercise, education and encouragement.
- E. **Senior Wellness Luncheons –** Meetings are held quarterly at the Bessemer Civic Center. Each February a cardiologist is invited to speak about the importance of heart health. Over 1,000 members of the community participate in these luncheons each year.

### 3. Good nutrition/Obesity prevention

Medical West is working on many initiatives that will address good nutrition/obesity for our population. The main initiatives and brief updates are listed below:

- A. **Diabetic Education Courses -** Diabetic Education courses are offered to both inpatients and outpatients. These courses help an average of 25 inpatients per month and 5 outpatients per month.
- B. **Discover Newsletter (with healthy recipes, health articles, etc.)-** Newsletters are sent to the public with important health news and information, healthy recipes and an events calendar including all of the free classes and support groups Medical West offers. The "Discover" publication now reaches 19,000 households three times per year and also stays stocked in all satellite health center locations as well as the hospital lobbies and waiting areas.
- C. **Onsite Diabetic Educator-** Medical West has a certified Diabetic Educator who meets with both inpatients and outpatients. Inpatients are also consulted by with the Clinical Dietitians to explain how to manage their condition. The team of Dietitians recently expanded their services to include outpatient consultations on meal preparations and healthy eating habits.
- D. **Monthly Lunch and Learns-** Each month employees are invited to attend a free Lunch and Learn event where health topics such as healthy meal planning, exercise tips and other information are presented. Many of our physicians have participated in these educational sessions.
- E. **Online health information-** The Medical West website provides weekly articles and recipes for healthy living, disease management and prevention (including diabetes) and healthy recipes. This same information is also presented on Facebook, YouTube, Pinterest and Instagram. We've now expanded our health content by posting the "Discover" publication online; including many professionally produced healthy living articles.
- F. **Scale Back Alabama –** Medical West participates in the 10-week statewide weight loss program each year and serves as a weigh-in site for both employees and members of the community. Each year this program has continued to encourage more weight loss and create community awareness through social media coverage. 150-200 participate annually. Many employees participate year-round by weighing-in weekly with our Employee Health Nurse.

- G. **Health Rewards Employee Wellness Program-** Medical West has a comprehensive wellness program for employees including annual biometric screenings and incentives for healthy behavior. Incentives now include savings on insurance premiums and redeemable gift vouchers. Over 400 employees participate in this program annually. We are currently looking at ways to enhance this program by collaborating with our medical staff.
- H. **Scale Back Specials in Cafeteria** -In addition to the "Health Smart" daily selections in the cafeteria, the Medical West Food Services department has a "Scaleback Special" every Wednesday. The meal is always a healthy seasonal option. The cafeteria is available for employees and members of the community. The healthy option has been very successful as a staple item.
- I. **Farmer's Market-** The Bessemer Farmers' Market conducts a farmers' market near the Medical West cafeteria where employees and visitors can purchase affordable fresh fruits and vegetables. The Farmer's Market takes place each June – September.

## Next Steps

Our next steps will be to monitor the progress of each of these initiatives in order to gauge their effectiveness towards improving the health status of our community population and report the progress to the UAB CHNA Oversight Committee.

## Needs Not Being Addressed

While the UAB CHNA Oversight Committee has focused on the top three health needs for the purpose of the CHNA, this does not mean that we are not addressing other needs mentioned in interviews, surveys, and data collection. At this time, all major health needs are being addressed in some way- but priority is given to the top three health needs identified.

### Approval

This plan was presented to and approved by the Medical West Hospital Authority's Board on August 15th, 2019. This plan has also been approved by the UAB CHNA Oversight Committee.



Community Health Needs Assessment  
2019

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