

**South Sunflower County Hospital
2019 Community Benefit Plan and Implementation Plan**

Problem/Disease	Why?	How?	Specific Actions	Goal
<p>Diabetes</p> <p>MS ranks 1st in the nation for Diabetes prevalence with a rate of 14% while Sunflower County's rate is 16%----- Diabetes is the 6th leading cause of death in MS</p>	<p>Culture of Unhealthy Eating---- Lack of access to healthy food---- Lack of knowledge and non-compliance---- Lack of exercise---- Poverty---- 46% of Sunflower County's adult population is obese---- 33% of adults over 20 in Sunflower County are Physically Inactive-- 25% of the population in Sunflower County have limited access to healthy foods</p>	<p>Parental Involvement-- Education on proper nutrition---- Education on benefits of exercise--- Promote Family--- Engage children at a young age to encourage proper diet and exercise</p>	<p>Offer coupons to the local farmer's market for healthy food options---- SSCH will continue to offer health fairs which will include activities for children and offer education on healthy eating and benefits of exercise--- During health fairs we will stress "know your numbers" ---- Family movie night at the park will help bring families together in the community---- Utilize local gyms to promote exercise--- SSCH has recently added a service line of wound care to help care for diabetic patients with wounds--- SSCH has partnered with Delta Fit to provide BMI and other weight related information to participants in our health fairs</p>	<p>Reduce the number of Diabetes related deaths in Sunflower County and reduce the Obesity rates in our community</p>

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<p>Infant Mortality</p> <p>Based on the 2019 County Health Rankings, the infant mortality rate in Sunflower County is 14/1000 live births up from the 2016 report which was 13/1000---- The percentage of live births with a low birthweight <2500 grams is 14%, which is down 1% from the 2016 report---- The 2019 report shows the rate of babies being born to teenage mothers (age15-19) is 50/1000 in Sunflower County, whereas it was 81/1000 based on the 2016 report.</p>	<p>Lack of Support for young mothers ---- Generational continuance of reliance on government assistance ----- Lack of Education -- Poverty and lack of Insurance</p>	<p>Parental Involvement---- Prenatal Care needs to be educated --- Abstinence has to be promoted ---- Educate regarding care of Infants - Financial Assistance</p>	<p>SSCH and IFMG educate all prenatal mothers, each visit, regarding healthy pregnancies, importance of breastfeeding, skin to skin as well as post partum care---- SSCH screens all uninsured pregnant women for presumptive Medicaid Eligibility----- SSCH partnered with Healthy Homes MS, who will provide health coaches and will make home visits until child is 3 y/o to educate mother and provide resources---- SSCH is a designated "Baby Friendly" hospital and promotes the importance and benefits of breastfeeding</p>	<p>Decrease Infant Mortality Rates in Sunflower County---- Decrease the number of pregnant teens in Sunflower County</p>

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<p><u>Cardiovascular Disease</u> Cardiovascular Disease is the leading cause of death in MS. Approximately 8,000 deaths in MS were related to Heart Disease and 1,700 related to stroke, in 2017.</p>	<p>Patient non-compliance with medications and healthy lifestyle----Adult smoking rate in Sunflower County 24%--- Adult Obesity at 46%---- Physical Inactivity=33%----Lack of education on importance of healthy diet and exercise</p>	<p>Educate patients on importance of blood pressure control, nutrition and exercise--- Educate patients on the risks of smoking--- Partner with local Gyms for exercise</p>	<p>SSCH offers smoking cessation information to its patients(Tobacco Quitline)----SSCH is tobacco free campus---SSCH will continue to offer health fairs in our surrounding communities----SSCD has a partnership with DHA who provides a health coach who follows patients diagnosed with CHF for 45 days after leaving the hospital to educate and encourage compliance---During health fairs, SSCH has partnered with Delta Fit to provide BMI and other weight related information</p>	<p>Reduce smoking and obesity rates and increase physical activity rates in Sunflower County.---Reduce the number of deaths due to Cardiovascular Disease in Sunflower County---</p>