

## **Actions taken in 2018 on Community Health Needs Assessment**

### **Obesity**

- Held “Healthy Cooking” demonstration for staff
- Host “Weight Watchers” classes at hospital
- Hosted 4<sup>th</sup> of July fun run in the park
- Hosted bike rodeo to re-enforce bike safety as well as promoting exercise and gave away two bikes
- Business Health & Wellness went to 40 businesses during the year doing laboratory screenings & blood pressure screenings
- Hosted 5<sup>th</sup> Annual March Health Fair for people of the area providing healthy cooking demonstration, low cost blood tests, screenings and health education
- Provide low cost (under other market rates) memberships to our Wellness facility
- Loaned local schools our sugary drink display to show actual amount of sugar in different drinks
- Registered Dietitian presents a teen nutrition class to the 7<sup>th</sup> grade classes at both the West Point-Beemer and GACC
- Sponsored “Food in the Field” program to demonstrate how to pack a health lunch while in the fields.
- Sponsored “Color Run” to promote community wellness
- Cardiac Rehab conducted education on metabolic syndrome to their support group
- Sponsored local volleyball league to help pay expenses related to gym rental and electrical expenses.

## **Access to Care**

- Well-child checks are available at all satellite clinic locations
- HHC provided flu shots at area senior centers at rates less than drug stores and Business Health and Wellness provided flu shots onsite at several work places
- Sponsored a “Women’s Night Out” in October with Dr. Galva as the guest speaker on importance of breast self-exams and also provided evening mammo exams for patient convenience.
- Provide job shadow opportunity for area high school students
- Clinical rotation site for Psychiatric Nurse Practitioner students.

## **Cancer Prevention**

- Provided community education through facility newsletter about the importance of colon cancer screening.
- Provided free skin checks for employees
- Provide free colorectal screening for employees

## **Standard Vehicle Safety**

- Provided infant car seat checks in West Point and Wisner
- Provided community education through facility newsletter about safe driving