

Princeton Baptist Medical Center Community Health Needs Assessment Implementation Strategy Update

Health Priority	Goals, Objectives, Strategies, and Partnerships	Activities / Performance / Outcomes
Cardiovascular Disease	<ul style="list-style-type: none"> • Provide initiatives aimed at improving cardiovascular health and prevention of cardiovascular disease • Promote and engage community members on health living initiatives aimed at improving overall health • Identify and encourage BHS employees living in the service area through health living initiatives 	<ul style="list-style-type: none"> • Senior Choices programs to include cardiovascular health and/or physical wellness for adults >65 years old • Be Well programs and initiatives to raise awareness in workforce settings • Encourage physical activity for youth in the community through hospital sponsorship of U-13 lacrosse team • Utilize BHS healthy living initiatives for employees and families living in the community including: <ul style="list-style-type: none"> ○ Optifast program and classes ○ Free smoking cessation classes ○ Cardiac and pulmonary rehab provide education to employees and patients • Stroke education provided to doctors and hospital employees market-wide to improve patient care through Annual Stroke Update with 100 attendees. • “Stroke Awareness” speaking engagement provided to Princeton Senior Tower residents to increase awareness and risk identification with 60 attendees. • Ongoing Walking Program with Senior Towers resident in conjunction with YMCA • Speaking engagement to provide education update on cardiovascular information to the Central Alabama Fire Chief’s Association. • Participation with RPS to provide cardiology education at BREMMS. • Volunteer and participate in 2017 Birmingham Heart Walk to fundraise for the American Heart Association and increase cardiovascular education and awareness with over 10,000 attendees. • Collaborate with Birmingham YMCA on speaking engagements on cardiovascular health. • Health coaches available through Baptist Health Clinics • Princeton provides education/career program called Achievers to assist parents and high school aged students determine future career opportunities and learn medical education.

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Diabetes	<ul style="list-style-type: none"> Promote diabetes prevention through healthy living initiatives, educational classes and promotion of physical activity 	<ul style="list-style-type: none"> Provide educational information on the healthy living and diabetes prevention to the community through: <ul style="list-style-type: none"> Participation in the Ask-the-Doc health fair event at the Hoover Senior Center to provide diabetes education to 100 attendees. Participation in State Farm Wellness Fair to provide diabetes education to 120 attendees. Support Be Well program initiatives aimed at identifying and reducing diabetes prevalence Encourage physical activity for youth in the community through hospital sponsorship of U-13 lacrosse team Wound care clinic provides diabetes mellitus foot care in clinic and provides education to patients and families on visits and at health fairs Health coaches available through Baptist Health Clinics
Obesity/Nutrition	<ul style="list-style-type: none"> Provide community activities and educational programs to identify early risk factors related to obesity and enhance healthy living through increased physical activity and proper nutritional health. 	<ul style="list-style-type: none"> Encourage involvement of BBH employees and families with healthy living initiatives including: <ul style="list-style-type: none"> Monthly education programs for physicians to educate patients Support groups for surgery patients Optifast program and classes for the community 20 Nutritional classes to educate patients on healthy living monthly Community support seminars Spring and Fall bariatric seminars for surrounding community education to 70 attendees Community Wellness Day to provide blood pressure and BMI screening Participate in Birmingham Water Works Health Expo to provide obesity and nutrition education Participate in State Farm Wellness Fair to provide education on BMI, nutrition, and weight loss to 120 attendees. Participation in First Baptist Church Roosevelt’s Health Fair to provide blood pressure and BMI screening to the community with 150 attendees. Increase awareness of obesity and link to additional health related complications/disease Support Be Well program initiatives aimed at identifying and reducing obesity prevalence
Sexually Transmitted Infections	<ul style="list-style-type: none"> Provide resources to educate and treat STIs due to high rates in Jefferson County. 	<ul style="list-style-type: none"> Partner with Cahaba Medical Group to test and treat patients for STIs

