

Fort Sanders Regional Medical Center

2017-2019 Community Needs Assessment

Implementation Plan

Identified Community Needs:

1. Increase access to mental health services
2. Decrease opioid abuse
3. Decrease tobacco use among youth and pregnant women
4. Increase access to safe greenways, sidewalks and parks

Implementation Strategy to Address Needs:

1. Increase access to mental health services

- **Interfaith Health Clinic Support**
 - Fort Sanders Regional Medical Center has a longstanding history of supporting the Interfaith Health Clinic of Knoxville. Interfaith provides primary care and mental health services for the uninsured working poor. In addition to \$60,000 of financial support, Fort Sanders Regional Medical Center also provides lab services and other diagnostic services for the Clinic. Patients who need hospitalization are provided care on a sliding scale fee structure. The administrator of Fort Sanders Regional Medical Center serves on the Board of Directors for Interfaith.

2. Decrease opioid abuse

- Fort Sanders Regional will provide educational materials for patients that include targeted, easy-to-understand information about the best uses of specific opioid medications.

3. Decrease tobacco use among youth and pregnant women

- Fort Sanders Regional Medical Center chooses not to develop strategies around this priority because the hospital does not serve children and only provides care for pregnant women at the time of delivery.

4. Increase access to safe greenways, sidewalks and parks

- **Covenant Health Knoxville Marathon**

- Fort Sanders Regional Medical Center is a major supporter of the annual Covenant Health Knoxville Marathon. Each year nearly 9,000 runners, most from the Knoxville area, participate in one of the marathon events including the full marathon, half marathon, relay teams, 5K and Kids Run. Local neighborhoods, greenways and trails are incorporated into the Marathon. Most of training beforehand also occurs on local trails and greenways. Each year Fort Sanders Regional contributes \$48,000 in support of the Marathon. The marathon is in partnership with the Knoxville Track Club.

- **Dogwood Trails/Patch Program**

- Beginning in 2016 Covenant Health initiated a program with the Knoxville Dogwood Arts organization to encourage residents to get out and walk local Dogwood Trails. Participants agree to walk 25 miles during April – May, record their trails and distances and redeem their hard work for a 2.5-inch embroidered patch. Each subsequent year will have a new patch to be earned. Fort Sanders Regional Medical Center and Covenant Health promote this program to employees and to the community at large. The inaugural year had 424 participants.

- **Covenant Health Biggest Winner Program**

- On a twice-yearly year basis Fort Sanders Regional Medical Center participates with other Covenant Health organizations in a Biggest Winner employee health improvement program. Each program cycle can include up to 20 employees who focus on weight loss and improving personal health biometrics. Local greenways and trails are used for the exercise component. Pre- and post-testing are provided to help participants track their health improvements.