

Jasper Memorial Hospital  
2022 – 2024 Community Health Needs Assessment and  
Implementation Plan



September 2022

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## **About Jasper Memorial Hospital**

*Jasper Health Services, Inc. located in Monticello, GA operates Jasper Memorial Hospital (JMH), The Retreat Nursing Home, and The Primary Care Center of Monticello. Jasper Memorial Hospital is a 17-bed critical access hospital and is the sole hospital and emergency room provider in Jasper County. Jasper Memorial Hospital provides care for inpatient, outpatient, and emergency room patients. JMH is accredited by CMS and participates as a Medicare and Medicaid provider. The emergency room at JMH is staffed 24 hours a day, 7 days a week. Laboratory and radiology services are also available including, x-ray, ultrasound, CT scan, and 3-D mammography. Occupational, physical, and speech therapy services are available to JMH patients requiring those services. The Retreat is a 55-bed skilled nursing facility and is the sole facility of its type in the county.*

*Jasper Memorial Hospital owns and operates the Primary Care Center of Monticello. The Primary Care Center is a family practice, primary care clinic, providing medical services on an outpatient basis. The clinic provides evaluation and treatment to patients of all ages and varying levels of illness.*

## **Board of Directors**

*Alison Hildebrant  
Board Chair*

*Angela Gordon*

*Lyndsy Johnston*

*Walker Jordan*

*David Leach*

## ***The Mission of Jasper Memorial Hospital***

*The mission of Jasper Memorial Hospital is to provide high quality healthcare and health education to the citizens of Jasper County.*

## ***A Letter from the Board Chair***

*Dear Friends,*

*Jasper Memorial Hospital is pleased to present this 2022 – 2024 Community Health Needs Assessment and Implementation Plan. With input from a broad range of committed citizens, we have identified and prioritized the community health needs of Jasper County. JMH is committed to working collaboratively with other local and regional organizations to implement strategies that advance the health and wellness of the residents of Jasper County.*

*The Board of Directors has adopted the 2022 Community Health Needs Implementation Plan and is committed to leveraging our existing programs, services, and resources to improve the health of the community that we serve.*

*Warm Regards,*

*Alison Hildebrant  
Chair, Jasper Health Services, Inc.*



[Jasper Health Services, Inc.](#)

## Acknowledgement

*Jasper Memorial Hospital's Community Health Needs Assessment and Implementation Plan was developed by JMH staff with the assistance of LEGACY CONSULTING GROUP and generous input from a broad group of individuals representing the health interests of Jasper County residents.*

*The 35 individuals listed below provided professional knowledge, expert medical information, and community input regarding the most pressing health needs of Monticello and Jasper County. Jasper Memorial Hospital would like to acknowledge these individuals and thank them for their generous time and contributions to this assessment.*

## Contributors

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## Approach and Process

*Jasper Memorial Hospital's approach to achieving community health improvement priorities follows a six-step process designed to be updated every three years to assess progress in addressing the health needs of the community. It begins with defining JMH's target community, and then assessing the health needs of the community using available health data and input from a broad range of advocates representing the health interests of the residents within the community. Input is gathered via face-to-face interviews. From analysis of data and community input, the health needs are identified and prioritized. The six-step planning process follows:*

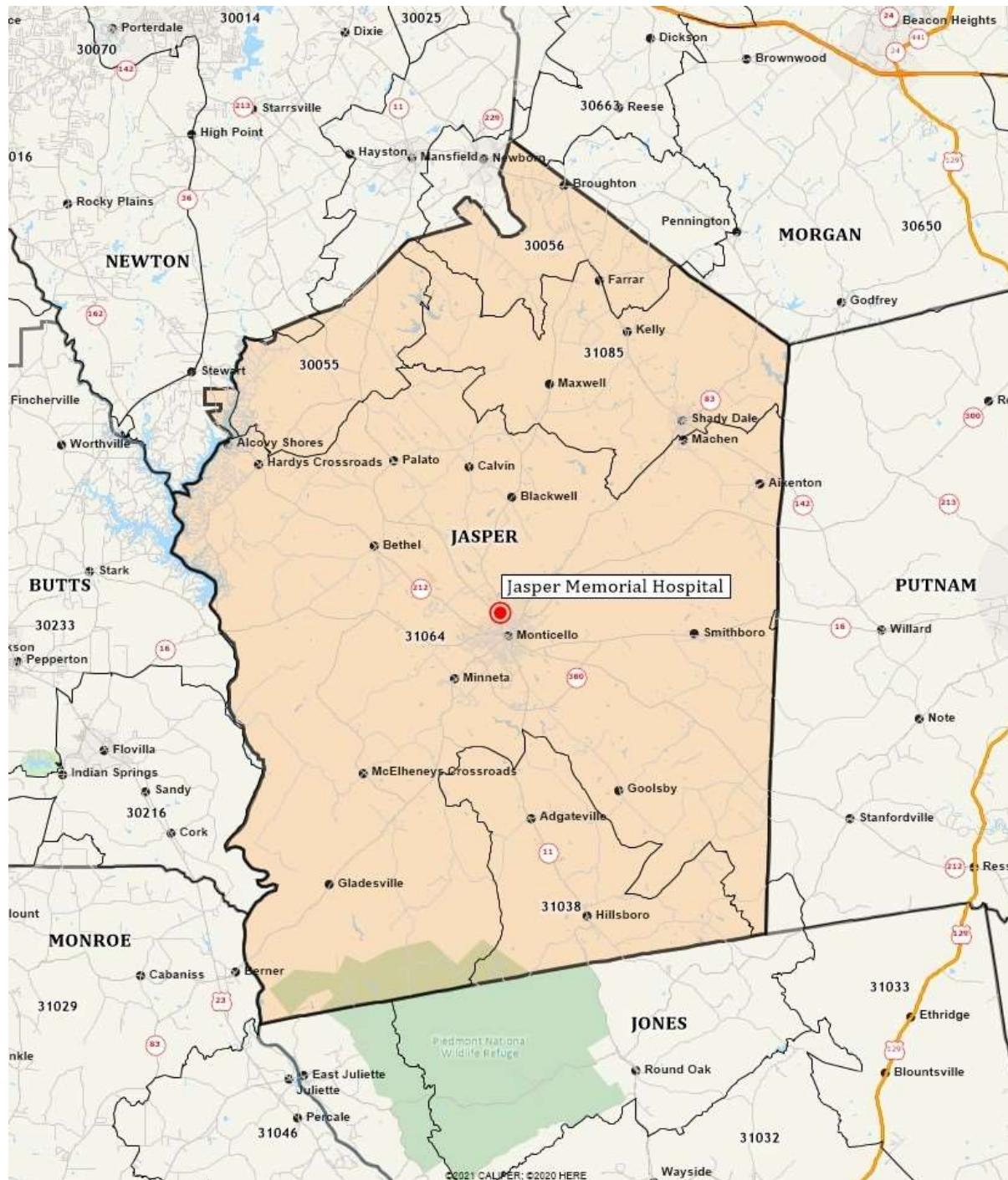
1. *Assess the health needs of Jasper County*
2. *Set health improvement priorities*
3. *Plan health improvement initiatives to address priorities*
4. *Implement specific health improvement strategies and plans*
5. *Report health improvement plans and benefits to the Jasper County public*
6. *Evaluate outcomes and progress toward health improvement goals.*

*The leadership at Jasper Memorial Hospital meets to develop strategies and plans to address the identified health need priorities. These strategies and plans are then implemented and reported to the public via the hospital's website as Jasper Memorial Hospital's Community Health Needs Assessment and Implementation Plan.*



## Jasper Memorial Hospital's Community

As the sole provider of inpatient and emergency room care in the county, Jasper Memorial Hospital defines its service area as Jasper County consisting of 373 square miles. The county seat of Monticello is located approximately 60 miles southeast of Atlanta and 35 miles north of Macon.

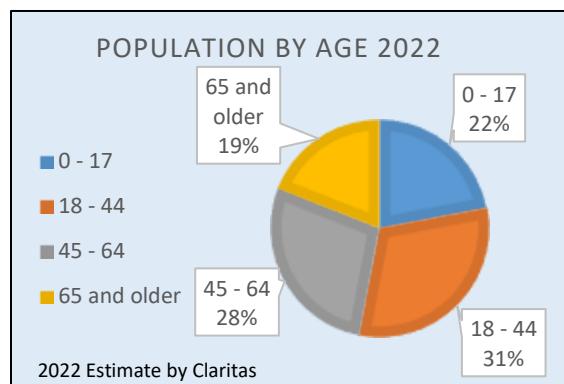
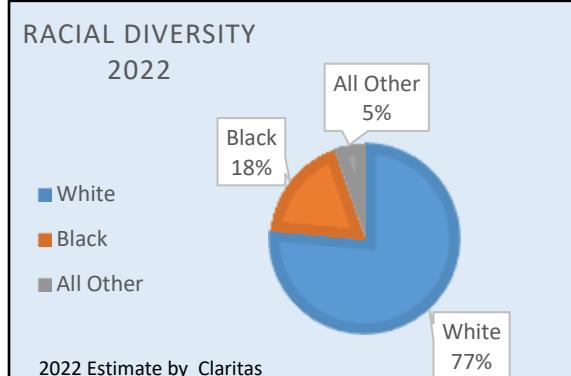


## **Demographics of Jasper County**

Jasper County's population as reported by the 2020 U.S. Census was 14,588. The 2022 population is estimated to be 14,731 with a five-year growth rate to 2027 of 4.4 per cent.

Jasper County 2020 Population	14,588
Median Age	43.2
Median Household Income	\$52,409
Individuals Without Healthcare Coverage	13.2%
Individuals Below Poverty Level	15.3%
Source: American Community Survey, 2020 Census	

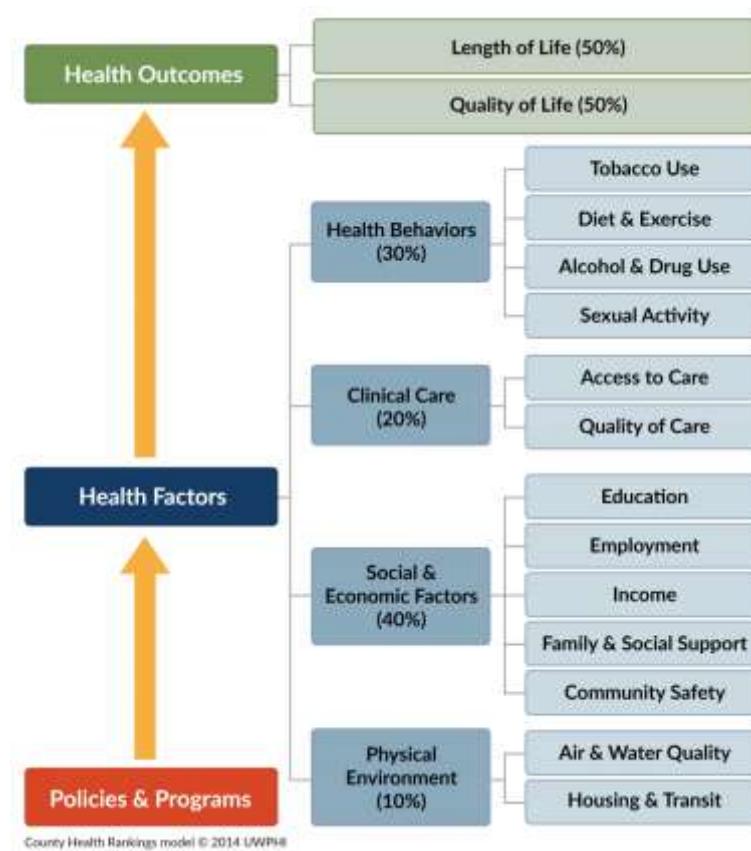
Across the country there are significant differences in health outcomes, from one county to the next and among racial/ethnic groups. Health disparities emerge when some individuals gain more than others—from consistently better access to opportunities and resources over the course of their lives. Increasing opportunities for everyone can reduce gaps in health. (Source: County Health Rankings)



Aging adults experience higher risk of chronic disease. Many older adults manage two or more chronic conditions. Common chronic conditions include heart disease, cancer, stroke, bronchitis, diabetes, and Alzheimer's. (Source: Healthy People 2020)

## **Understanding and Measuring Health**

*Many factors affect how well and how long we live. Conditions in the places where people live, learn, work, and play affect a wide range of health risks and outcomes. These conditions are known as social determinants of health (SDOH). Grouping common health factors helps to demonstrate the degree of impact on health outcomes. According to County Health Rankings, the four primary areas that impact health are: socioeconomic factors, health behaviors, clinical care, and physical environment. Each of these areas has a different impact on health as shown in the following chart. For instance, only 20% of a person's health is related to clinical care. The remaining 80% is related to socioeconomic factors (40%), health behaviors (30%), and physical environment (10%).*



Health starts in our homes, schools, workplaces, neighborhoods, and communities. We know that taking care of ourselves by eating well and staying active, not smoking, getting the recommended immunizations and screening tests, and seeing a doctor when we are sick all influence our health. Our health is also determined in part by access to social and economic opportunities; the resources and supports available in our homes, neighborhoods, and communities; the quality of our schooling; the safety of our workplaces; the cleanliness of our water, food, and air; and the nature of our social interactions and relationships. The conditions in which we live explain in part why some Americans are healthier than others and why Americans more generally are not as healthy as they could be.

*In order to improve health, it is important to understand and measure the social determinants of health as well as clinical care. Within each of the four categories (Socioeconomics, Health Behaviors, Clinical Care, and Environment) are additional individual factors that impact health. The County Health Ranking model can be used as a guideline to develop a health profile of a community. The following pages provide a closer look at the social determinants of health for Jasper County with additional emphasis on concerns regarding clinical care and outcomes.*

## **Health Profile of Jasper County – Social and Economic Factors**

*40% of an individual's health is related to their social and economic factors. Social and economic factors impact health outcomes more than any other single category. Social and economic factors include education, employment, income, family and social support, and community safety.*

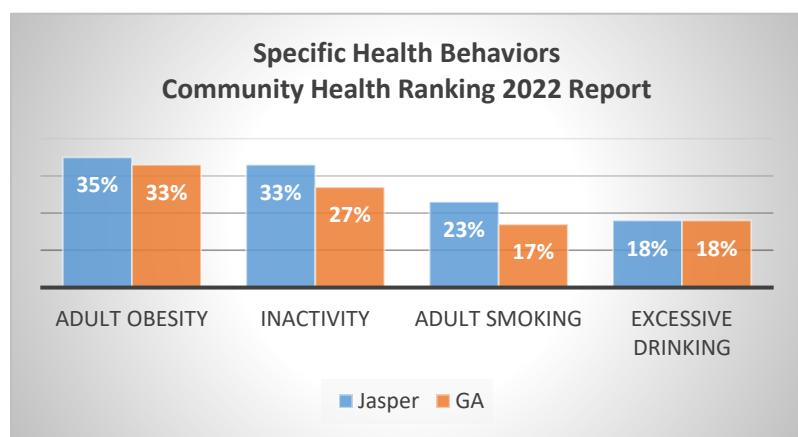
*In 2020, the median household income in Jasper County was \$52,409. This is lower than the same statistic for the state of Georgia of \$61,224. The percent of residents living in poverty was 15.3 for Jasper County as compared to 14.3 for the state. Jasper County did have a lower unemployment rate than the state (4.9% versus 6.5%). The Jasper County uninsured rate was 17% and the state's was 16%. The high school graduation rate for Jasper County students was 85% and the state's was 88%.*

Indicator	Jasper	GA
Median Household Income	\$52,409	\$61,224
Population in Poverty	15.3%	14.3%
Unemployment	4.9%	6.5%
Uninsured	17%	16%
High School Graduation Rate	85%	88%

Source: American Community Survey and County Health Rankings,  
University of Wisconsin Population Health Institute

## **Health Profile of Jasper County – Health Behaviors**

*30% of an individual's health is related to health behaviors. Health behaviors are actions individuals take that affect their health. The effect can be positive or negative. Health behaviors influence health outcomes to a greater degree than clinical care so it is important to understand and implement health improvement programs that can have a significant impact on a population's health behaviors. Improving healthy habits such as eating well and being physically active contribute to improved health. Eliminating or reducing unhealthy habits such as smoking, excessive alcohol intake, and risky sexual behavior can also contribute to improved health. Input from our community stakeholders indicate that the health behaviors that they are most concerned about are substance abuse, obesity, poor nutritional choices, and lack of physical activity.*



In the United States, many of the leading causes of death and disease are attributed to unhealthy behaviors. For example, poor nutrition and low levels of physical activity are associated with higher risk of cardiovascular disease, type 2 diabetes, and obesity. Tobacco use is associated with heart disease, cancer, and poor pregnancy outcomes. Excessive alcohol use is associated with injuries, certain types of cancers, and cirrhosis. (Source: County Health Rankings)

Source: County Health Rankings, University of Wisconsin Population Health Institute

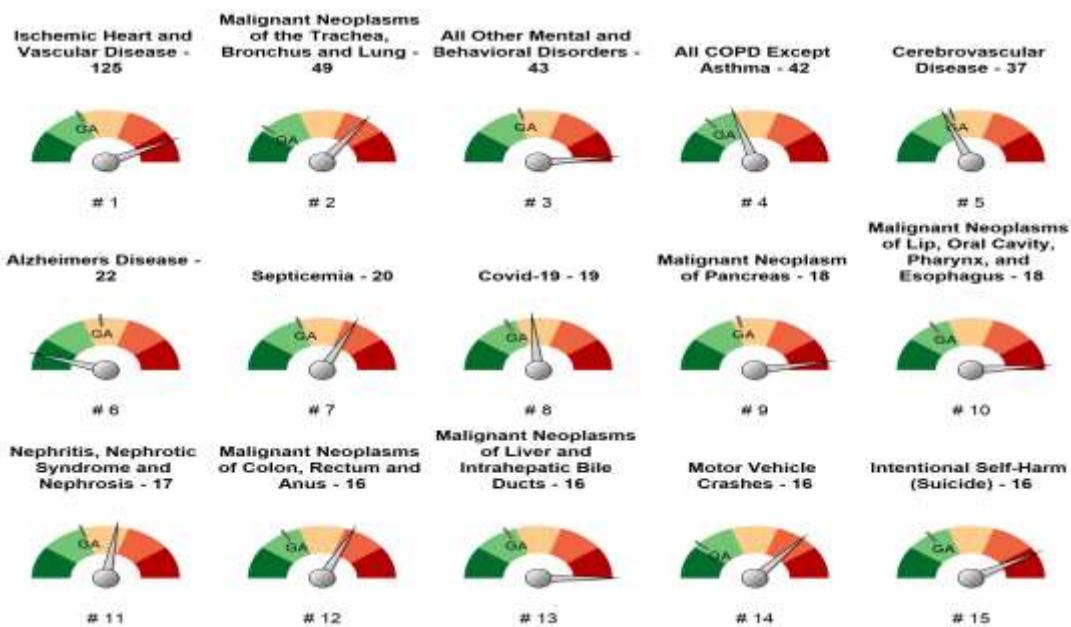
## Health Profile of Jasper County – Clinical Care

20% of an individual's health is related to clinical care. Access to affordable, quality, and timely health care with appropriate and periodic health screenings can help prevent diseases and detect issues sooner, enabling individuals to live longer, healthier lives. Those without regular access to quality providers and care are often diagnosed at later, less treatable stages of a disease and overall, have worse health outcomes, lower quality of life, and higher mortality rates.

Jasper County is designated by the Department of Health and Human Services as a Medically Underserved Area (MUA). It is also a designated Health Professional Shortage Area (HPSA) for primary care, mental health, and dental care. A HPSA is a geographic area, population group, or health care facility that has been designated by the Federal government as having a shortage of health professionals. This shortage of health professionals can affect an individual's access to healthcare services.

Despite these designated shortages, Jasper County residents have several local options for primary care services including: The Primary Care Center of Monticello, The Jasper County Health Department, and Village Medical Associates. Inpatient care, emergency care, and skilled nursing care are all available locally at JMH.

The following chart on health outcomes summarizes and ranks the top 15 clinical conditions, their age-adjusted death rates for Jasper County, and their relative position to the state.



Source: Georgia Online Analytical Statistical Information System (OASIS)

The top three clinical conditions – ischemic heart and vascular disease, cancer (which includes malignancies of the lung, trachea, bronchus, pancreas, mouth, pharynx, esophagus, colon, rectum, anus, liver, and bile ducts), and mental and behavioral disorders together account for 60% of all age-adjusted deaths in Jasper County. What follows is a brief discussion of each of these three conditions.



## **Health Outcomes – Heart and Vascular Disease**

*Heart disease, stroke, and high blood pressure are all types of cardiovascular disease. For the time period of 2016 – 2020, 26% of deaths in Jasper County were caused by cardiovascular disease. The age adjusted death rate for cardiovascular disease in Jasper County of 136.6 is higher than the rate for the state (77.7). (Source: OASIS)*

*A closer look at cardiovascular disease statistics for Jasper County reveals that the majority of deaths in this category are from ischemic heart and vascular disease. Ischemic heart and vascular disease are the number one ranked cause of death in Jasper County. It is also the number one ranked cause of premature death. Premature death is defined as deaths occurring prior to age 75. All total there were 125 deaths of Jasper County residents from ischemic heart and vascular disease. (Source: OASIS)*

*According to the Centers for Disease Control and Prevention (CDC), high blood pressure, high LDL cholesterol, and smoking are key disease risk factors with 40% of Americans having at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use.*

*In order to reduce the risk of cardiovascular disease the American Heart Association encourages all Americans to focus on prevention and lead a heart-healthy life involving diet, regular exercise, and periodic medical check-ups. Starting with even small changes can help reduce the risk of heart disease.*

## **Health Outcomes – Cancer**

*Malignant neoplasms, commonly referred to as cancer, caused 25% of the deaths in Jasper County for the period 2016 – 2020. Cancer deaths during this period totaled 117. The age-adjusted death rate by type of cancer in Jasper County is shown in the table below. In all cancer types, the death rate in Jasper County is higher than the state's death rate.*

Cancer Type	Age Adjusted Death Rate Jasper	Age Adjusted Death Rate Georgia	Jasper Deaths
Lung/Trachea/Bronchus	49.9	37.1	49
Pancreas	18.4	10.9	18
Oral/Lip/Pharynx/Esophagus	17.4	6.1	18
Colon/Rectum/Anus	18.4	14.3	16
Liver/Bile Ducts	18.1	6.5	16
Total Deaths			117

Source: Oasis

*Lung cancer is the second leading cause of death in Jasper County after ischemic heart and vascular disease. The age-adjusted death rate for Jasper County of 49.9 is higher than the rate for the state (37.1). For the period 2016 - 2020, there were 49 deaths of Jasper County residents from lung cancer. According to the CDC, cigarette smoking is the number one risk factor for lung cancer. In the United States, cigarette smoking is linked to about 80% to 90% of lung cancer deaths.*

*Breast cancer is the seventh leading cause of death of women in Jasper County. The age-adjusted death rate for Jasper County of 23.0 is higher than the state (20.7). For the period 2016 - 2020, there were 12 deaths of Jasper County residents from breast cancer. According to the CDC, a mammogram is the best way to find breast cancer early when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer.*

*Pancreatic cancer is the ninth leading cause of death in Jasper County with an age adjusted death rate of 18.4 compared to 10.9 for the state. For the period 2016 - 2020, there were 18 deaths of Jasper County residents from pancreatic cancer. This type of cancer is often detected late, spreads rapidly, and has a poor prognosis. There are no symptoms in the early stages and later stages are associated with symptoms, but these can be non-specific, such as lack of appetite and weight loss. Treatment may include surgical removal of the pancreas, radiation, and chemotherapy.*

*Cancer of the mouth, pharynx and esophagus is the tenth leading cause of death in Jasper County with an age adjusted death rate of 17.4 while the state's age adjusted death rate is 6.1. For the period 2016 – 2020, there were 18 deaths of Jasper County residents from this type of cancer. Smoking, heavy alcohol use, and being overweight or obese increase the risk of these cancers.*

*Colorectal cancer is the twelfth leading cause of death in Jasper County. The age-adjusted death rate for Jasper County of 18.4 is higher than the state (14.3). For the period 2016 – 2020, there were 16 deaths of Jasper County residents from colorectal cancer. Lifestyle factors that may contribute to an increased risk of colorectal cancer include: lack of regular physical exercise, a diet low in fruits and vegetables, a high fat diet, alcohol consumption, and tobacco use. According to the CDC, the most effective way to reduce your risk of colorectal cancer is to get screened beginning at age 50. Screening can find colorectal cancer early when there is a greater chance that treatment will be most effective.*

*Liver and bile duct cancers represent the thirteenth leading cause of death in Jasper County. The age-adjusted death rate for Jasper County is 18.1 which is higher than the state (6.5). For the period 2016 – 2020, there were 16 deaths of Jasper County residents from liver and bile duct cancers. Symptoms from liver cancer are uncommon in early stages while later stages may include weight loss, belly pain, and yellowed skin. Treatments may include removal of part of the liver, transplant, chemotherapy, and radiation. Bile duct cancer is rare but an aggressive form of cancer with symptoms including jaundice. Treatment may include surgery, chemotherapy, and radiation.*

## ***Health Outcomes – Mental and Behavioral Health***

*Mental and behavioral health is a very broad diagnostic category. According to the CDC, mental health and mental illness are not the same thing. A person can experience poor mental health and not be diagnosed with a mental illness. Mental illnesses are conditions that affect a person's thinking, feeling, mood or behavior. Mental illness can be diagnosed in the pediatric, adult, and geriatric populations.*

*While it is difficult to capture county level statistics on the prevalence of all mental and behavioral health conditions, our stakeholder interviews consistently ranked this issue of high concern for all age, race, and socioeconomic groups. Specific areas of concerns include substance abuse, behavior disorders in the*



*pediatric and adolescent population, and dementia in the geriatric population. Access to local, affordable, comprehensive mental health treatment is also a stated area of concern. There is broad consensus from advocates representing the community that Jasper County lacks the resources to adequately address the needs of individuals with mental and behavioral health conditions. Barriers to care include the lack of locally based treatment and providers, the lack of insurance coverage or financial means to pay for care, transportation difficulties, and the stigma surrounding mental health conditions.*

*Mental and behavioral disorders is the third leading cause of death in Jasper County. The age-adjusted death rate for mental and behavioral disorders in Jasper County of 56.4, is higher than the rate for the state (25.5). Total deaths for the period 2016 - 2020 were 43.*

## ***Review of 2019 – 2021 CHNA Priorities and Activity***

*The prior three-year period covering 2019 – 2021 was marked by the COVID-19 outbreak and the national Public Health Emergency that was declared in January 2020. Since the outbreak, JMH became a center for COVID testing when more than 15,000 tests were administered to residents of Jasper and surrounding counties due to the hospital's advanced laboratory capabilities. Once a vaccine became available, JMH and the Primary Care Center administered more than 3600 vaccines. In spite of the national emergency and the redirection of hospital resources to respond to the community's need for testing and vaccine administration, JMH made significant progress in addressing the three priorities of its 2019 – 2021 CHNA and Implementation Plan. The following describes the three priorities and highlights what was achieved.*

**Priority # 1 - Cancer: Improve Community Awareness, Education, and Screening For the Early Detection of Cancer.** JMH increased its public awareness of cancer prevention and screening with particular emphasis on lung and breast cancer screenings. The hospital continued to provide low dose CT scans to detect lung cancers. As a major initiative, the hospital acquired 3-D mammography and began performing breast screenings in the fall of 2019. Since that time, this new service has performed 1247 mammograms resulting in 167 positive screenings and 18 positive diagnostic cases.

**Priority # 2 – Mental and Behavioral Health: Improve Community Awareness and Access to Health Services.** Given the absence of community based mental health providers, JMH has developed relationships with a regional referral network for treatment options and follow-up care. Local immediate care services are provided through the hospital's Emergency Department to address stabilization needs and telehealth consultation with remote mental health providers. In addition, the Primary Care Center physicians manage the mental health treatment needs of its patients and coordinate additional care through the hospital's regional network.

**Priority # 3 – Heart and Vascular Disease: Improve Community Awareness and Education Regarding the Prevention of Heart and Vascular Disease.** JMH has worked to improve the community's awareness of the risk factors of heart disease associated with smoking, obesity, poor diet, and the impact of a sedentary lifestyle. The hospital and the Public Health Department provide routine screenings such as blood pressure, cholesterol, and blood glucose levels. The Primary Care Center provides continuing heart and vascular care for its patients and the Emergency Department provides emergency care to those patients who present with cardiovascular symptoms.



## ***Process of Identifying and Prioritizing Community Health Needs***

*The community health needs of residents within Jasper County were identified through in-depth interviews with a broad range of stakeholders representing the interests of the community including public health representatives, community leaders, physicians, education, law enforcement, and other health care providers and interested parties. Based on the collected interviews, expertise, and feedback from this group of advocates representing the interests of Jasper County and analysis of available health data, a list of community health needs was developed. There was significant consensus around eight specific community health needs, based on the unprompted frequency that these needs were identified by participants.*

### ***Jasper Memorial Hospital 2022 – 2024 Community Health Needs***

*The over-all need to improve community education and awareness, as well as provide access to services that address the following health needs:*

- *The need to address the community problem of obesity and poor nutrition, with the emphasis on diabetes prevention*
- *The continuing problem of mental health, behavioral issues, and substance abuse*
- *The opportunity to expand JMH's cancer screening capabilities to include colon cancer*
- *The community's prevalence of chronic physical pain and its impact on daily activities*
- *The continuing need to address the problem of cardiovascular and hypertension issues*
- *The community's need for specialty care*
- *The community's need for dialysis care*
- *The need to provide transportation solutions for out-of-hospital and Emergency transfers*



## **Community Health Needs Implementation Plan**

*Each of the eight identified health needs were evaluated and prioritized by input from the JMH CHNA Steering Committee composed of hospital leadership. Health needs were prioritized based upon the scope and severity of the issue. Each need was evaluated based upon the priority of the issue, the fit with the JMH mission, the ability to achieve improvement, and the availability of hospital resources. Three of the eight identified health needs were selected for implementation:*

- 1) *Cancer Screening Expansion (with emphasis on Colon cancer)*
- 2) *Interventional Pain Services (to alleviate chronic physical pain)*
- 3) *Obesity and Nutrition with the emphasis on diabetes prevention*

*The remaining five identified health needs will be addressed indirectly through other means. While mental health, behavioral issues, and substance abuse continue to be significant health issues in Jasper County, community resources beyond the JMH Emergency Department and Primary Care Center are limited, so out of county agencies will continue to be used as referral sources; also the recently activated nation-wide 988 hotline will be promoted. Health education and screening, along with the Primary Care Center will continue to address cardiovascular and hypertension health issues. The need for specialty care will be addressed as part of the recruitment of a gastroenterologist and an interventional pain physician for colon cancer screening and pain management respectively. Dialysis care will be referred to the Covington dialysis center operated by US Renal Care. The remaining need for transportation solutions to address out-of-hospital transfers will depend upon Jasper County expanding its EMT services.*

*An individual's access to clinical care and treatment options is impacted by economic constraints. JMH will continue to participate as a Medicaid and Medicare provider and will continue to educate its patient population about coverage and payment options in accordance with established policies. Due to resource constraints, JMH is unable to address this need further at this time.*

*By using an integrated implementation approach, many health needs can be addressed with an outcome-based approach. The health need regarding obesity, nutrition, and exercise, for example, are health behaviors that are closely related to the outcomes of heart disease, cancer, and diabetes. In order to focus its efforts and have the greatest impact, JMH will address these health behaviors as they specifically relate to their health outcomes.*

*JMH is committed to continued community involvement and working collaboratively with other community organizations to create a healthy Jasper County. The implementation plan for the three top priorities will emphasize working collaboratively with the County Health Department, the Food Bank, the Jasper County Charter Schools, Family Connections, and the Jasper County Senior Center. JMH conducts outreach by regularly participating in community wide events including school events. Community stakeholders, representing a wide array of interests, report a high level of community involvement and a cooperative spirit on the part of JMH leadership and staff.*

*JMH will continue its practice of seeking out formal and informal strategic alliances with other health care organizations when such arrangements benefit the citizens of Jasper County. In those instances where a need exists and there is no viable strategic alliance, JMH is committed to evaluating the feasibility of establishing or expanding specific services that are in keeping with its mission and available resources.*



## **2022 - 2024 Health Need Priorities and Implementation Strategies**

### **Priority #1 – Cancer Screening Expansion and Community Education**

**There is a need to expand cancer screening and improve community awareness and education regarding the prevention, screening, and early detection of cancer.**

JMH recognized the community's continuing need for cancer screening, and through resources provided by the CARES Act, decided to address this important unmet need by developing an Outpatient Center to provide needed diagnostic and treatment space for establishing an endoscopy center to allow for screening of gastrointestinal cancers, particularly colorectal cancer. Construction of the Outpatient Center is scheduled to be complete by the end of October 2022.

In addition, JMH's prevention education, related to cancer is provided during outpatient primary care and emergency room visits. Screening tests can be used to detect some cancers before a person may have symptoms. The American Cancer Society recommends that all individuals talk to their doctor about screening for cancer. Depending on a person's age, history, and risk factors, screening is very important to increase survival rates for those diagnosed with cancer.

According to the American Cancer Society, individuals can reduce the risk of cancer by making healthy choices by eating right, staying active, and not smoking. Smoking kills more Americans than alcohol, car accidents, HIV, guns, and illegal drugs combined. JMH maintains a tobacco free campus. Employees that smoke are encouraged to quit. Employees that do not smoke receive a preferential premium rate for employer sponsored health insurance. Employees are encouraged to participate in the wellness program that is offered by the health plan provider.

JMH made significant progress during the period 2019 – 2021 in addressing the need for improving the community's access to cancer screening by acquiring 3-D mammography and implementing breast cancer screening. The introduction of this new service supplemented the existing cancer screening for lung cancer through low dose CT scans.

### **Implementation Strategy**

Jasper Memorial Hospital will expand its outreach efforts to improve the community's level of awareness and education regarding the increased risks of cancer and promoting its cancer screening services.

Jasper Memorial Hospital will focus its outreach efforts on improving the community's level of awareness and education regarding the link between weight, nutrition, and exercise and the risk of cancer.

Jasper Memorial Hospital will increase screening rates of individuals that meet the clinical criteria for lung cancer screening using low dose computer tomography (CT).

Jasper Memorial Hospital will increase screening rates of individuals that meet the clinical criteria for breast cancer screening using 3-D mammography.

Jasper Memorial Hospital will increase screening rates of individuals that meet the clinical criteria for colorectal cancer screening to be provided by a gastroenterologist in the hospital's new Outpatient Center.



## **Priority #2 – Treatment of Chronic Physical Pain**

**There is a need for improved community awareness and access to health services related to the treatment and care of patients experiencing chronic pain.**

adults (23.6%), and those aged 65 and over (30.8%). Chronic pain: 1) has been linked to restrictions in mobility, 2) dependence on opioids, 3) anxiety and depression, 4) trouble sleeping, and 5) poor perceived health and reduced quality of life. It can occur along with other chronic conditions such as arthritis, may be “on” and “off” or continuous. It may affect people to the point that they can’t work, eat properly, take part in physical activity, or enjoy life. The Institute of Medicine estimates that chronic pain contributes to more than \$500 billion in direct medical costs, lost productivity, and disability programs.

*Interventional pain management is a method which utilizes minimally invasive procedures such as pain blocking techniques to help make day-to-day activities less difficult, and effectively restore quality of life for patients.*

*JMH recognizes the prevalence of this health need in Jasper County and has determined to address this problem directly through Pain Management Services in the new Outpatient Center. The new Outpatient Center which will open in Fall 2022 will accommodate JMH’s interventional pain program.*

*The Physical Therapy and Rehabilitation Department of the hospital will work closely with the Interventional Pain program to ensure maximum pain relief for patients prior to and after interventional pain procedures are performed. The overall goal of both departments is to deliver a fully coordinated and comprehensive service to individuals with physical dysfunction, disability, and disease in order to restore, improve, or maintain the patient’s optimal level of functioning, selfcare, independence, and quality of life.*

*The CDC through its most recent National Health Interview Survey found that one in five adults or about 50 million people suffer from chronic pain. About 20 million experience pain to the extent that it interferes with their daily lives. Chronic pain was highest among women (21.7%), non-Hispanic white*

## **Implementation Strategy**

*Jasper Memorial Hospital will complete construction of the Outpatient Center and provide the necessary medical equipment and staff to support the treatment and care of patients experiencing chronic pain.*

*Jasper Memorial Hospital will increase the community’s level of awareness and education of chronic pain conditions and the opening of its comprehensive Pain Management program consisting of its Interventional Pain and Physical Therapy services.*



**Priority #3 – Obesity, Poor Nutrition, and a Sedentary Lifestyle and the Prevention of Diabetes**

**There is a need for improved community awareness and education regarding the prevention of diabetes through nutrition, exercise, and weight control.**

the fact that the individual can control many factors that contribute to this disease, so taking personal responsibility is essential to all efforts undertaken by Jasper Memorial Hospital.

The CDC indicates that 37 million US adults have diabetes and 1 in 5 adults are not aware of their condition. Diabetes is the seventh leading cause of death in the United States and the number 1 cause of kidney failure, lower-limb amputations, and adult blindness. In the last 20 years, the number of adults diagnosed has more than doubled. CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) reports that physical inactivity and poor nutrition are major risk factors for obesity and chronic diseases such as diabetes, as well as heart disease, stroke, certain cancers, and depression. Fewer than 1 in 10 US adolescents and adults eat sufficient fruits and vegetables, and more than 3 in 4 adults do not fully meet physical activity guidelines.

As noted earlier, County Health Rankings of the University of Wisconsin Population Institute indicates that 35% of Jasper County residents are obese and 33% do not meet recommended levels of physical activity.

Jasper Memorial Hospital's approach to dealing with these health issues will emphasize working collaboratively with other community organizations to provide education and promote healthy lifestyle choices.

The benefit of emphasizing an integrated implementation approach is especially important when addressing diabetes prevention and the importance of several health behaviors – good nutrition, regular exercise, and weight control – in mounting a successful approach to dealing with this chronic disease. What distinguishes diabetes is

**Implementation Strategy**

Jasper Memorial Hospital will focus its outreach efforts on improving the community's level of awareness and education regarding the increased risk of diabetes because of poor nutrition, insufficient weight control, and lack of exercise.

Jasper Memorial Hospital will participate with a community wide Diabetes Prevention Group consisting of representatives from the County Health Department, the Food Bank, Jasper County Charter System, and local churches to discuss joint activities to address the problem of diabetes within the community.

Jasper Memorial Hospital will sponsor a fee-supported monthly Diabetes Support Group to provide on-going education and guidance to diabetics and pre-diabetics.

Jasper Memorial Hospital and the Primary Care Clinic will develop a "Healthy Lifestyle Habit" questionnaire to distribute to Clinic patients to encourage personal commitment to reduce and or eliminate a poor health behavior (e.g. smoking, sugar consumption, etc.).

Jasper Memorial Hospital will collaborate with the schools' dietician in developing and distributing "healthy habit" educational "flyers" to middle school students.



## ***Community Inventory – Health Facilities and Resources***

<p>Abbey Hospice 215 Azalea Court Social Circle, GA 30025 Phone: (770) 464-5858 <a href="http://www.abbeyhospice.com">www.abbeyhospice.com</a></p>	<p>MESEPP Community – Counseling and Support 1226 Royal Drive, Suite K Conyers, GA 30094 Phone: (678) 907-5950 <a href="http://www.mesepp.org">www.mesepp.org</a></p>
<p>American Cancer Society <a href="http://www.cancer.org">www.cancer.org</a></p>	<p>Oconee Center – Behavioral Health Services 731 Funderburg Dr. Monticello, GA 31064 Phone: (478) 445-3201 <a href="http://www.oconeecenter.org">www.oconeecenter.org</a></p>
<p>American Heart Association <a href="http://www.heart.org">www.heart.org</a></p>	<p>The Primary Care Center of Monticello 898 College St # A, Monticello, GA 31064 Phone: (706) 468-0988 <a href="http://www.jaspermemorialhospital.org">www.jaspermemorialhospital.org</a></p>
<p>Amedisys Home Health of Covington 4162 Baker Street NE Covington, GA 30014 Phone: (770)787-1796 <a href="http://www.amedisys.org">www.amedisys.org</a></p>	<p>The Retreat Nursing Home 898 College St, Monticello, GA 31064 Phone: (706) 468-8826 <a href="http://www.jaspermemorialhospital.org/retreat.shtml">www.jaspermemorialhospital.org/retreat.shtml</a></p>
<p>Department of Family and Children's Services 226 Funderburg Drive Monticello, Georgia 31064-1154 Phone: 1-800-436-7442 <a href="http://www.dfps.dhs.georgia.gov/jasper-county-dfps-office">www.dfps.dhs.georgia.gov/jasper-county-dfps-office</a></p>	<p>US Renal Care 4179 Baker Street NE Covington, GA 30014 Phone: (770)385-4015 <a href="http://www.usrenalcare.com">www.usrenalcare.com</a></p>
<p>Family Connections 1405 College Street Monticello, GA 31064 Phone: (706) 468-4959 <a href="http://www.jasper.gafcp.org">www.jasper.gafcp.org</a></p>	<p>Village Medical Associates 545 Venture Court Monticello GA 31064 Phone: (706) 468-7002 <a href="http://venturemedicalassociates.com">http://venturemedicalassociates.com</a></p>
<p>Jasper County Community Food Bank 2171 Post Rd Monticello, GA 31064 Phone: (706) 478-6076 <a href="http://www.foodpantries.org">www.foodpantries.org</a></p>	
<p>Jasper County Health Department 825 Eatonton St. Monticello, GA 31064 Phone: (706) 468-6850 <a href="http://www.northcentralhealthdistrict.org">www.northcentralhealthdistrict.org</a></p>	
<p>Jasper Memorial Hospital 898 College St, Monticello, GA 31064 Phone: (706) 468-8826 <a href="http://www.jaspermemorialhospital.org">www.jaspermemorialhospital.org</a></p>	
<p>988 Suicide and Crisis Lifeline Phone: 988 <a href="http://www.988lifeline.org">www.988lifeline.org</a></p>	



## **Data Sources**

*American Cancer Society*  
[www.cancer.org](http://www.cancer.org)

*Centers for Disease Control CDC*  
[www.cdc.gov](http://www.cdc.gov)

*County Health Rankings and Roadmaps, University of Wisconsin Population Health Institute*  
[www.countyhealthrankings.org](http://www.countyhealthrankings.org)

*Georgia Department of Public Health*  
<https://dph.georgia.gov/>

*Georgia Rural Health Association*  
<http://www.gccodec.com/>

*Healthy People 2020, US Department of Health and Human Services*  
[www.healthypeople.gov](http://www.healthypeople.gov)

*OASIS – Online Analytical Statistical Information System*  
*Georgia Department of Public Health*  
[www.oasis.state.ga.us/](http://www.oasis.state.ga.us/)

*US Census Bureau*  
*American Fact Finders/American Community Survey 5-Year Estimates*  
[www.factfinder.census.gov](http://www.factfinder.census.gov)

