United Regional Health Care System

Community Health Needs Assessment and Implementation Plan

December 2019
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Section 1:
Community Health Needs Assessment
EXECUTIVE SUMMARY
Executive Summary

A comprehensive, six-step community health needs assessment (“CHNA”) was conducted for United Regional Health Care System (United Regional) by Community Hospital Consulting (CHC Consulting). This CHNA utilizes relevant health data and stakeholder input to identify the significant community health needs in Wichita County, Texas.

The CHNA Team, consisting of leadership from United Regional, met with staff from CHC Consulting on August 12, 2019 to review the research findings and prioritize the community health needs. Six significant community health needs were identified by assessing the prevalence of the issues identified from the health data findings combined with the frequency and severity of mentions in community input.

The CHNA Team participated in prioritization ballot process using a structured matrix to rank the community health needs based on three characteristics: size and prevalence of the issue, effectiveness of interventions and the hospital’s capacity to address the need. Once this prioritization process was complete, the hospital leadership discussed the results and decided to address all of the prioritized needs in various capacities through a hospital specific implementation plan.

The six most significant needs, as discussed during the August 12th prioritization meeting, are listed below:

1. Access to Primary Care Services and Providers
2. Access to Specialty Care Services and Providers
3. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles
4. Access to Affordable, High Nutritional Quality Food Options
5. Access to Mental and Behavioral Health Care Services and Providers
6. Access to Affordable Care and Reducing Health Disparities Among Specific Populations

United Regional leadership has developed the following implementation plan to identify specific activities and services which directly address the six identified priorities. The objectives were identified by studying the prioritized health needs, within the context of the hospital’s overall strategic plan and the availability of finite resources. The plan includes a rationale for each priority, followed by objectives, specific implementation activities, responsible leaders, annual updates and progress, and key results (as appropriate).

The United Regional Board reviewed and adopted the 2019 Community Health Needs Assessment and Implementation Plan report on October 28, 2019.
Priority #1: Access to Primary Care Services and Providers

Interviewees discussed the limited number of primary care providers accepting new patients in the community, as well as the difficulty in seeking primary care for certain insurance types (Medicaid, Medicare) and patients with developmental disabilities. It was noted that the provider shortage leads to overuse of the Emergency Room, increased use of advanced practitioners and long wait times for appointments. Interviewees specifically discussed the un/underinsured as disproportionately affected by long wait times and inconsistent follow up, and one interviewee specifically stated: “If you’re insured, you’re going to get follow up consistently on chronic conditions. If you’re Medicaid or unfunded, instead of getting a blood pressure check every 3 months, you might get an appointment every 6 months.”

Interviewees raised concern surrounding the increasing number of providers preferring “shift work” and resisting admitting patients to nursing homes. The recent closing of the residency program was also discussed, and one interviewee specifically stated: “Last year we lost the residency program which hurt a lot of the low income community. We need to be looking at having another primary care residency in the community for purposes of a long term health care infrastructure.”

Priority #2: Access to Specialty Care Services and Providers

Many interviewees mentioned there is outmigration of patients to Dallas/Fort Worth and Oklahoma City due to a variety of factors, including: lack of awareness of services available locally, patient perception that “bigger is better,” pending physician retirements, long wait times to see local providers, and lack of in-network providers. Specialties mentioned as needed due to limited depth, insurance barriers and/or succession planning needs include: Neurology, Dermatology, Cardiology, Endocrinology, Oncology, CV Surgery, Neurosurgery and Pulmonology.

Interviewees discussed the disproportionate challenge for un/underinsured patients in seeking specialty care, with one interviewee stating: “We have difficulty getting unfunded or underfunded patients into specialty care. An unfunded patient is required to come up with a $200 copay when they get to the office, and they’re turned away if they can’t pay that.” Additionally, a few interviewees mentioned an increasing number of local providers unable to prescribe pain medications. One interviewee stated: “People have to go out of town to get pain medications because some docs here lost their DEA license. We have had quite a few of those lately.”

Priority #3: Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles

Data suggests that higher rates of specific mortality causes and unhealthy behaviors warrants a need for increased preventive education and services to improve the health of the community. Cancer and heart disease are the two leading causes of death in Wichita County and the state. Wichita County has higher mortality rates than Texas for cancer, diseases of heart, chronic lower respiratory diseases, cerebrovascular diseases, Alzheimer’s disease, accidents (unintentional injuries), diabetes mellitus, chronic liver disease and cirrhosis, intentional self-harm (suicide), Parkinson’s disease, female breast cancer, prostate cancer, lung and bronchus cancer and colon and rectum cancer.
Priority #3: Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles (continued)

Wichita County has higher rates of communicable diseases, such as chlamydia and gonorrhea, than the state. Wichita County also has higher prevalence rates of chronic conditions and unhealthy lifestyle behaviors such as diabetes (adult and Medicare population), obesity, high blood pressure (adult and Medicare population), asthma, arthritis, smoking and physical inactivity than the state.

With regards to maternal and child health, specifically, Wichita County has higher percentages of mothers smoking during pregnancy and teen births than the state. Data also suggests that residents may not be seeking necessary preventive care services, such as flu vaccines (Medicare population).

Interviewees discussed high rates of obesity and associated chronic conditions, including hypertension and diabetes, and noted the limited healthy lifestyle education in the community that is confounded by a lack of desire to participate in behavior change or preventive care. Significant tobacco use and trending diets were also mentioned as concerning, and one interviewee stated: “Recently, there’s a lot of trend diets – the keto diet, intermittent fasting...those things are very popular and they have health consequences.”

Interviewees discussed a challenge in understanding the cost and complexity of the health care system for residents, and also noted an opportunity for physicians to educate patients on available community resources based on individualized needs. One interviewee stated: “Doctors’ offices need to be educated on programs and different agencies and what they do out in the community whether it’s for medication, utilities, or food. If you’re educated on what programs we have here in the county, then you’re more able to help a person who might not have anyone at home to help them.”

Interviewees suggested sharing medical records across the community with the implementation of Epic in order to better coordinate care and reduce the cost of care for residents due to the perceived lack of transparency regarding health care costs. It was also mentioned there is a need for communication and community outreach regarding resources available for residents to use, and the limited awareness of existing resources across the community – particularly for low income residents. One interviewee stated: “We need to be helping people understand the services that are provided and how they could be helped financially. People are becoming very tight with their money and they would choose to spend money on something else instead of using it for health care.”

It was mentioned that there is a lack of health literacy and understanding of access points across the continuum of care, specifically confusion surrounding primary care vs. urgent care. It was also mentioned that there is limited coordination across community organizations, and there is a perceived lack of communication between hospital staff and patient families. One interviewee stated: “A lot of times, communication between hospital staff and the families is not always there.”
Priority #4: Access to Affordable, High Nutritional Quality Food Options

Wichita County has a higher overall food insecurity rate and a higher child food insecurity rate than the state, as well as a higher average meal cost than Texas. Additionally, Wichita County has a higher percentage of its population with low food access than the state and a lower rate of grocery stores per 100,000 than the state. The majority of neighborhoods located within food deserts and have low food access are primarily located in the eastern region of Wichita County. The county also has a higher percentage of students eligible for free or reduced price lunch than the state.

Interviewees noted growing concern surrounding local food deserts, particularly within the community’s east side. It was also mentioned that residents prioritize rent and utilities, which forces them to forego healthy food options. One interviewee stated: “Budget and financial obligation to pay rent and bills keep people from getting healthy food. Food is one of those things that gets put on the backburner when bills need to be paid.”

It was mentioned that limited healthy food options are within walking distance for most residents, and transportation barriers in seeking healthy foods may be leading to purchasing groceries from vendors with less healthy options. Additionally, interviewees discussed the disproportionate challenge in accessing healthy food options for residents outside of Wichita Falls. One interviewee stated: “The food disparity will continue to be an issue. In Electra, it’s difficult because we don’t have a real grocery store so that causes a problem with people having access to good food they can eat. We have a dollar general and a little convenience store.”

Priority #5: Access to Mental and Behavioral Health Care Services and Providers

Wichita County has a higher percentage of depression (adult and Medicare population) than the state, as well as a higher percentage of adults who experienced 14 or more days of poor mental health than the state.

Interviewees discussed the disproportionate challenge in un/underinsured patients seeking mental and behavioral health care and long wait times for those patients. It was also noted that there is a lack of substance abuse treatment facilities for un/underinsured patients, which results in those patients leaving the community to seek such services in Abilene. One interviewee stated: “We’re limited on resources for drug/alcohol counseling. Many people dealing with that have to go to Abilene if they’re unfunded and don’t have insurance to pay.”

It was mentioned that mental and behavioral health-related patients tend to overuse the Emergency Room, and raised concern surrounding the unmet needs for patients residents dealing with bipolar disorder, schizophrenia, depression and suicidal ideations. Interviewees also discussed a stigma associated with seeking mental and behavioral health care services in the community. One interviewee specifically stated: “There is a stigma associated with accessing services. It’s hard to get people to acknowledge that they have a problem to seek care.”

Interviewees noted an increasing number of patients on multiple prescriptions from different prescribers, with one interviewee stating: “Folks are on multiple prescribed medications. They may be on pain medication, anti-anxiety medication, and it’s all from different prescribers. There’s a lot of accidental multiple drug causes of death.” It was also mentioned that there is a limited number of bilingual providers in the community.
Priority #6: Access to Affordable Care and Reducing Health Disparities Among Specific Populations

Wichita County has a lower median household income than the state, and also has a higher percentage of families living below poverty than the state. Wichita County also has a higher percentage of adults who have experienced a medical cost barrier to care than the state, and a higher percentage of households with no motor vehicle than the state. Additionally, Wichita County has several geographic- and population-based Health Professional Shortage Area designations and census tract-based Medically Underserved Area/Population designations, as defined by the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA).

Interviewees raised concern surrounding cost barriers to care in Wichita County, which may lead to overuse of the Emergency Room, delay in seeking care or foregoing care. It was also noted that the high cost of health care services is forcing lower socioeconomic groups to choose between medications, prescriptions, food/meals and utilities. Interviewees discussed concern surrounding a lack of sliding fee scale related clinics in the west side of the county, and one interviewee specifically stated: “We don’t have enough clinics that are on that west side of the county. There [should] be an FQHC medical, dental and behavioral site on the west side of the community, maybe more than one site. We need to provide medical, dental and behavioral primary care services to the financially and otherwise vulnerable in the community.”

It was mentioned that residents tend to leave the community for specialty care services due to a lack of providers participating in local insurance plans and that dental care services are particularly expensive for all insurance types, which causes patients to delay seeking care.

Transportation was discussed as a significant issue due to patients missing health care appointments. Interviewees described the existing transportation infrastructure as having limitations with long wait times and limited stops around the county. It was mentioned that transportation is more difficult for residents living in the rural parts of Wichita County who try to seek transportation services, and that there is a disproportionate challenge in transportation to/from doctor’s appointments for the low income, Medicare, elderly and handicapped populations. One interviewee stated: “With access to care, we need a better infrastructure in transportation. Some patients can’t afford a cab and they miss their appointment. We’re missing the boat by not having a more county-wide transportation system that’s accessible, reliable and safe. Patients who don’t show up say they couldn’t get a ride. If we had a better system, our patients could get to their appointments.”

When asked about which specific groups are at risk for inadequate care, interviewees spoke about homeless, low income, pediatric, teens/adolescents, racial/ethnic, veterans and elderly populations as being disproportionately challenged by barriers to accessing healthcare services in Wichita County.

With regards to the homeless population, interviewees mentioned mental and behavioral health care needs, an increasing need for shelter options for pets of homeless persons, lack of follow up care and overuse of the Emergency Room as challenges for this particular population. For low income residents, interviewees mentioned long wait times for appointments and overuse of the Emergency Room as challenges for the low income community in Wichita County.
Priority #6: Access to Affordable Care and Reducing Health Disparities Among Specific Populations (continued)

When speaking about the pediatric population in Wichita County, interviewees raised concern surrounding lack of access to local specialty care, lack of pediatric home health options in the community and few resources for developmentally-delayed children as challenges specific to these residents. For teens/adolescents, interviewees mentioned limited dental care services for youth with mental retardation and autism, obesity and a lack of access to healthy foods, vaping and synthetic marijuana use, teen pregnancy, the traumatic impact of adverse health events during childhood, an increasing rate of autoimmune diseases (arthritis) and a lack of access to contraceptives as general issues for such population.

With regards to racial/ethnic groups, interviewees noted language barriers (Hispanic) and a limited number of bilingual mental and behavioral health care providers as challenges for these residents. For veterans, interviewees noted frustration with the VA system, transportation barriers, a lack of local preventive care options, a stigma associated with seeking care for mental and behavioral health care issues, a need for social work assistance and an increasing number of homeless veterans as concerns for such residents.

Lastly, for the elderly population in Wichita County, interviewees mentioned transportation barriers, a need for a Community Paramedicine Program, a lack of health literacy, limited number of primary care providers accepting Medicare and Medicaid, a lack of affordable and safe housing options and a limited understanding of advanced care planning as challenges for this population.
PROCESS AND METHODOLOGY
Process and Methodology

Background & Objectives

• This CHNA is designed in accordance with CHNA requirements identified in the Patient Protection and Affordable Care Act and further addressed in the Internal Revenue Service final regulations released on December 29, 2014. The objectives of the CHNA are to:
  – Meet federal government and regulatory requirements
  – Research and report on the demographics and health status of the study area, including a review of state and local data
  – Gather input, data and opinions from persons who represent the broad interest of the community
  – Analyze the quantitative and qualitative data gathered and communicate results via a final comprehensive report on the needs of the communities served by United Regional
  – Document the progress of previous implementation plan activities
  – Prioritize the needs of the community served by the hospital
  – Create an implementation plan that addresses the prioritized needs for the hospital
Process and Methodology

**Scope**

- The CHNA components include:
  - A description of the process and methods used to conduct this CHNA, including a summary of data sources used in this report
  - A biography of United Regional
  - A description of the hospital’s defined study area
  - Definition and analysis of the communities served, including demographic and health data analyses
  - Findings from phone interviews collecting input from community representatives, including:
    - State, local, tribal or regional governmental public health department (or equivalent department or agency) with knowledge, information or expertise relevant to the health needs of the community;
    - Members of a medically underserved, low-income or minority populations in the community, or individuals or organizations serving or representing the interests of such populations
    - Community leaders
  - A description of the progress and/or completion of community benefit activities documented in the previous implementation plan
  - The prioritized community needs and separate implementation plan, which intend to address the community needs identified
  - A description of additional health services and resources available in the community
  - A list of information gaps that impact the hospital’s ability to assess the health needs of the community served
Process and Methodology

Methodology

• United Regional worked with CHC Consulting in the development of its CHNA. United Regional provided essential data and resources necessary to initiate and complete the process, including the definition of the hospital’s study area and the identification of key community stakeholders to be interviewed.

• CHC Consulting conducted the following research:
  – A demographic analysis of the study area, utilizing demographic data from IBM Watson Health Market Expert Tool and local reports
  – A study of the most recent health data available
  – Conducted one-on-one phone interviews with individuals who have special knowledge of the communities, and analyzed results
  – Facilitated the prioritization process during the CHNA Team meeting on August 12, 2019. The CHNA Team included:
    – Phyllis Cowling, Chief Executive Officer
    – Nancy Townley, Chief Operating Officer
    – Jane Ritter, Chief Nursing Officer
    – Kristi Faulkner, Vice President of Organizational Development
    – Johnny Roberts, Vice President of Physician Practice Services
    – Michelle Nelson, Senior Director of Health Improvement

• The methodology for each component of this study is summarized in the following section. In certain cases methodology is elaborated in the body of the report.
Process and Methodology

Methodology (continued)

– United Regional Biography
  • Background information about United Regional, mission, vision, values and services provided were provided by the hospital or taken from its website

– Study Area Definition
  • The study area for United Regional is based on hospital inpatient discharge data from January 1, 2018 – December 31, 2018 and discussions with hospital staff

– Demographics of the Study Area
  • Population demographics include population change by race, ethnicity, age, median income analysis, unemployment and economic statistics in the study area
  • Demographic data sources include, but are not limited to, IBM Watson Health Market Expert Tool, the U.S. Census Bureau and the United States Bureau of Labor Statistics

– Health Data Collection Process
  • A variety of sources (also listed in the reference section) were utilized in the health data collection process
  • Health data sources include, but are not limited to, the Robert Wood Johnson Foundation, Texas State Department of Health and Human Services, the CARES Engagement Network, United States Census Bureau, and the Centers for Disease Control and Prevention

– Interview Methodology
  • United Regional provided CHC Consulting with a list of persons with special knowledge of public health in Wichita County, including public health representatives and other individuals who focus specifically on underrepresented groups
  • From that list, 27 in depth phone interviews were conducted using a structured interview guide
  • Extensive notes were taken during each interview and then quantified based on responses, communities and populations (minority, elderly, un/underinsured, etc.) served, and priorities identified by respondents. Qualitative data from the interviews was also analyzed and reported.
Process and Methodology

Methodology (continued)

– Evaluation of Hospital’s Impact
  • A description of the progress and/or completion of community benefit activities documented in the previous implementation plan
  • United Regional provided CHC Consulting with a report of community benefit activity progress since the previous CHNA report

– Prioritization Strategy
  • Six significant needs were determined by assessing the prevalence of the issues identified in the health data findings, combined with the frequency and severity of mentions in the interviews
  • Three factors were used to rank those needs during the CHNA Team August 12, 2019
  • See the prioritization section for a more detailed description of the prioritization methodology

United Regional Health Care System Community Health Needs Assessment and Implementation Plan
Community Hospital Consulting

December 2019
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HOSPITAL BIOGRAPHY
About United Regional

United Regional Health Care System is located in Wichita Falls, Texas and provides comprehensive medical care including inpatient and outpatient services, advanced diagnostics, surgical specialties and life-saving emergency care to a nine-county service area. It has the area’s only Level II Trauma Center and serves as the Primary Stroke Center for the region.

United Regional’s passion is to provide excellence in health care for the communities it serves. To accomplish this passion, the System continues to reinvest in advanced technology, modern facilities, and the recruitment and retention of highly skilled employees and physicians to ensure that the current and future medical needs of the area are met.

System Growth

In 2009, United Regional expanded its campus with the addition of the Bridwell Tower to enhance community access to diagnostic, surgical services and acute care. The System has also invested in some of the most advanced technology available today, including, surgical technology: the da Vinci Robotic Surgical System, an orthopedic surgical navigation system, an ENT surgical navigation system, the OPMI Pentero neurosurgical microscope, and a neurosurgical robotic guidance system; laboratory technology: the Biotyper, the ROTEM, the Command Center Power Processor; pharmacy technology: Sentri 7; diagnostic technology: 3D mammography and 3D stereotactic upright biopsy; and information technology to enhance communication between health care providers and patients.

In January 2017, United Regional’s Emergency Department expansion and renovation project was completed, doubling the size of the existing ED. The new Bridwell Center for Emergency Care provides larger treatment rooms with greater privacy and comfort, larger trauma rooms to accommodate the latest equipment, and an indoor walkway connecting the Center to the Bethania Building. A master facility plan was developed and approved for implementation beginning in 2018. The plan includes hospital renovation, and outpatient facility expansion and new construction to improve access to health care for our community.
Commitment to the Community

United Regional is also committed to continue serving as the “safety net” for the uninsured and underinsured the region, and provided nearly $21 million in charity care in 2018. It also serves the community in educational services, health fairs and screenings and through sponsorship of community organizations’ activities that contribute to the health the community.

Statistics for 2018:

- 15,000 admissions
- 78,000 ER visits
- 73,000 outpatient visits
- 108,000 clinic visits
- 9,000 surgeries
- 1,900 births
- Staff
  - 2,135 employees
  - 350 physicians
  - 200 volunteers

Hospital Biography

Mission, Vision and Values

**Passion**
To provide excellence in health care for the communities we serve

**Purpose**
To make a positive difference in the lives of others

**Pillars**
To provide excellence in health care for the communities we serve
- People
- Service
- Quality
- Finance
- Growth

## Hospital Biography

### Hospital Services

- Advanced Technology
- Bariatric Services - United Regional Solutions
- Breast Health Services
- Cancer Care
- Cardiovascular Services
- CarePlus Primary Care Clinic
- Diabetes Education
- Emergency and Trauma Services
- ENT
- Gastroenterology
- Heart Disease Prevention, Diagnosis and Treatment
- Infusion Therapy
- Neurology
- Neurosurgery
- Obstetrics
- Orthopedics
- Pediatrics
- Preventive Care
- Pulmonary Rehabilitation
- Radiology
- Reference Laboratory
- Respiratory
- Sports Medicine
- Stroke
- Surgical Services
- Urology
- Women’s Services
- Wound Care

STUDY AREA
Wichita County comprises 72.8% of CY 2018 Inpatient Discharges

Indicates the hospital

United Regional Health Care System Community Health Needs Assessment and Implementation Plan report studied Wichita County, which comprised 72.6% of inpatient discharges in CY 2015 (January 2015 – December 2015).

### United Regional Health Care System

**Patient Origin by County: January 2018 - December 2018**

<table>
<thead>
<tr>
<th>County</th>
<th>State</th>
<th>CY 2018 Discharges</th>
<th>% of Total</th>
<th>Cumulative % of Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita</td>
<td>TX</td>
<td>11,402</td>
<td>72.8%</td>
<td>72.8%</td>
</tr>
<tr>
<td>All Others</td>
<td></td>
<td>4,261</td>
<td>27.2%</td>
<td>100.0%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>15,663</td>
<td>100%</td>
<td>100%</td>
</tr>
</tbody>
</table>

Source: Hospital inpatient discharge data provided by United Regional; January 2018 - December 2018; Normal Newborns MS-DRG 795 excluded.
DEMOGRAPHIC OVERVIEW
### Projected 5-Year Population Growth

**2019-2024**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita County</td>
<td>131,500</td>
<td>132,408</td>
<td>135,872</td>
<td>3,464</td>
<td>2.6%</td>
</tr>
<tr>
<td>Texas</td>
<td>25,145,561</td>
<td>28,959,501</td>
<td>30,972,397</td>
<td>2,012,896</td>
<td>7.0%</td>
</tr>
</tbody>
</table>

## Population Health
### Population Composition by Race/Ethnicity

#### Wichita County

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>2019</th>
<th>2024</th>
<th>Change 2019-2024</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Non-Hispanic</td>
<td>90,001</td>
<td>85,464</td>
<td>-788</td>
<td>-0.9%</td>
</tr>
<tr>
<td>Black</td>
<td>13,322</td>
<td>13,546</td>
<td>431</td>
<td>3.2%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>21,859</td>
<td>29,445</td>
<td>7,586</td>
<td>34.9%</td>
</tr>
<tr>
<td>Asian</td>
<td>2,671</td>
<td>3,112</td>
<td>441</td>
<td>16.4%</td>
</tr>
<tr>
<td>American Indian</td>
<td>1,087</td>
<td>1,027</td>
<td>-60</td>
<td>-5.5%</td>
</tr>
<tr>
<td>All Others</td>
<td>2,560</td>
<td>3,635</td>
<td>1,075</td>
<td>41.9%</td>
</tr>
<tr>
<td>Total</td>
<td>131,500</td>
<td>135,872</td>
<td>4,372</td>
<td>3.3%</td>
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#### Texas

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>2010</th>
<th>2019</th>
<th>2024</th>
<th>Change 2019-2024</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Non-Hispanic</td>
<td>11,397,345</td>
<td>11,980,162</td>
<td>12,082,565</td>
<td>102,403</td>
<td>0.9%</td>
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<tr>
<td>Black</td>
<td>2,886,825</td>
<td>3,443,123</td>
<td>3,758,773</td>
<td>315,650</td>
<td>9.2%</td>
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<tr>
<td>Hispanic</td>
<td>9,460,921</td>
<td>11,475,851</td>
<td>12,669,044</td>
<td>1,193,193</td>
<td>10.4%</td>
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<tr>
<td>Asian</td>
<td>966,346</td>
<td>1,455,557</td>
<td>1,753,171</td>
<td>297,614</td>
<td>20.4%</td>
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<tr>
<td>American Indian</td>
<td>80,586</td>
<td>93,470</td>
<td>100,207</td>
<td>6,737</td>
<td>7.2%</td>
</tr>
<tr>
<td>All Others</td>
<td>353,538</td>
<td>511,338</td>
<td>608,637</td>
<td>97,300</td>
<td>19.0%</td>
</tr>
<tr>
<td>Total</td>
<td>25,145,561</td>
<td>28,959,501</td>
<td>30,972,397</td>
<td>2,012,896</td>
<td>7.0%</td>
</tr>
</tbody>
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### Race/Ethnicity Projected 5-Year Growth 2019-2024

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>2010</th>
<th>2019</th>
<th>2024</th>
<th>Change 2019-2024</th>
<th>% Change</th>
</tr>
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<tr>
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<td>85,464</td>
<td>84,676</td>
<td>-788</td>
<td>-0.9%</td>
</tr>
<tr>
<td>Black</td>
<td>13,322</td>
<td>13,546</td>
<td>13,977</td>
<td>431</td>
<td>3.2%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>21,859</td>
<td>26,264</td>
<td>29,445</td>
<td>3,181</td>
<td>12.1%</td>
</tr>
<tr>
<td>Asian</td>
<td>2,671</td>
<td>2,908</td>
<td>3,112</td>
<td>204</td>
<td>7.0%</td>
</tr>
<tr>
<td>American Indian</td>
<td>1,087</td>
<td>1,035</td>
<td>1,027</td>
<td>-8</td>
<td>-0.8%</td>
</tr>
<tr>
<td>All Others</td>
<td>2,560</td>
<td>3,191</td>
<td>3,635</td>
<td>444</td>
<td>13.9%</td>
</tr>
<tr>
<td>Total</td>
<td>131,500</td>
<td>132,408</td>
<td>135,872</td>
<td>3,464</td>
<td>2.6%</td>
</tr>
</tbody>
</table>

**Population Health**

*Population Composition by Age Group*

### Wichita County

<table>
<thead>
<tr>
<th>Age Cohort</th>
<th>2019</th>
<th>2024</th>
<th>Change</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;18</td>
<td>30,087</td>
<td>31,122</td>
<td>1,035</td>
<td>3.4%</td>
</tr>
<tr>
<td>18-44</td>
<td>52,650</td>
<td>53,974</td>
<td>1,324</td>
<td>2.5%</td>
</tr>
<tr>
<td>45-64</td>
<td>29,580</td>
<td>28,013</td>
<td>-1,567</td>
<td>-5.3%</td>
</tr>
<tr>
<td>65+</td>
<td>20,091</td>
<td>22,763</td>
<td>2,672</td>
<td>13.3%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>132,408</td>
<td>135,872</td>
<td>3,464</td>
<td>2.6%</td>
</tr>
</tbody>
</table>

### Texas

<table>
<thead>
<tr>
<th>Age Cohort</th>
<th>2019</th>
<th>2024</th>
<th>Change</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;18</td>
<td>7,488,976</td>
<td>7,787,439</td>
<td>298,463</td>
<td>4.0%</td>
</tr>
<tr>
<td>18-44</td>
<td>10,839,623</td>
<td>11,339,129</td>
<td>499,506</td>
<td>4.6%</td>
</tr>
<tr>
<td>45-64</td>
<td>6,888,772</td>
<td>7,282,794</td>
<td>394,022</td>
<td>5.7%</td>
</tr>
<tr>
<td>65+</td>
<td>3,742,130</td>
<td>4,563,035</td>
<td>820,905</td>
<td>21.9%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>28,959,501</td>
<td>30,972,397</td>
<td>2,012,896</td>
<td>7.0%</td>
</tr>
</tbody>
</table>


### Age Projected 5-Year Growth

2019-2024

- **Wichita County**
  - <18: 3.4%
  - 18-44: 4.6%
  - 45-64: -5.3%
  - 65+: 15.2%

- **Texas**
  - <18: 4.0%
  - 18-44: 5.7%
  - 45-64: 13.3%
  - 65+: 21.9%
Population Health

Median Age

- The median age in Wichita County and the state is expected to increase over the next five years (2019-2024).
- Wichita County (34.5 years) has a younger median age than Texas (39.2 years) (2019).

Median Age

Population Health

*Median Household Income and Educational Attainment*

- The median household income in both Wichita County and the state is expected to increase over the next five years (2019-2024).
- Wichita County ($45,960) has a lower median household income than Texas ($51,333) (2019).
- Wichita County (23.2%) has a lower percentage of residents with a bachelor or advanced degree than the state (28.6%) (2019).

**Median Household Income**

<table>
<thead>
<tr>
<th>Year</th>
<th>Wichita County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>$45,960</td>
<td>$51,333</td>
</tr>
<tr>
<td>2024</td>
<td>$46,006</td>
<td>$53,112</td>
</tr>
</tbody>
</table>

**Education Bachelor / Advanced Degree**

<table>
<thead>
<tr>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita County</td>
</tr>
<tr>
<td>Texas</td>
</tr>
</tbody>
</table>

Population Health

Unemployment

- Unemployment rates in Wichita County and the state decreased between 2016 and 2018.
- In 2018, Wichita County (3.4%) had a slightly lower unemployment rate than the state (3.9%).
- Over the most recent 12-month time period, monthly unemployment rates in Wichita County overall decreased. April, May and October 2018 had the lowest unemployment rate (3.1) as compared to June 2018 with the highest rate (3.9).

Population Health

Poverty

- Wichita County (14.2%) has a slightly higher percentage of families living below poverty as compared to the state (12.5%) (2019).
- Between 2015 and 2017, the percent of children (<18 years) living below poverty in Wichita County and the state decreased.
- Wichita County (21.0%) has a consistent percentage of children (<18 years) living below poverty with Texas (21.0%) (2017).

Children Below Poverty

<table>
<thead>
<tr>
<th>Year</th>
<th>Wichita County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>26.3%</td>
<td>22.0%</td>
</tr>
<tr>
<td>2016</td>
<td>22.0%</td>
<td>21.0%</td>
</tr>
<tr>
<td>2017</td>
<td>22.9%</td>
<td>22.4%</td>
</tr>
</tbody>
</table>

Children Below Poverty Definition: Estimated percentage of related children under age 18 living in families with incomes less than the federal poverty threshold.

Note: The 2019 Federal Poverty Thresholds define a household size of 4 as living below 100% of the federal poverty level if the household income is less than $25,750, and less than 200% of the federal poverty level if the household income is less than $51,500. Please see the appendix for the full 2019 Federal Poverty Thresholds.
Population Health

*Food Insecurity*

- According to Feeding America, an estimated 18.5% of Wichita County residents are food insecure as compared to 14.9% in Texas. Additionally, 24.5% of the youth population (under 18 years of age) in Wichita County are food insecure as compared to 22.5% in Texas (2017).

- The average meal cost for a Wichita County resident is $2.78, as compared to $2.71 in the state (2017).

<table>
<thead>
<tr>
<th>Location</th>
<th>Overall Food Insecurity</th>
<th>Child Food Insecurity</th>
<th>Average Meal Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita County</td>
<td>18.5%</td>
<td>24.5%</td>
<td>$2.78</td>
</tr>
<tr>
<td>Texas</td>
<td>14.9%</td>
<td>22.5%</td>
<td>$2.71</td>
</tr>
</tbody>
</table>


Food Insecure Definition (Adult): Lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods.

Food Insecure Definition (Child): Those children living in households experiencing food insecurity.

Average Meal Cost Definition: The average weekly dollar amount food-secure individuals report spending on food, as estimated in the Current Population Survey, divided by 21 (assuming three meals a day, seven days a week).
Population Health

**Low Food Access**

- In 2015, Wichita County (33.7%) had a higher percentage of its population with low food access than the state (27.1%) and the nation (22.4%).
- The number of neighborhoods that are within food deserts and also have low food access are primarily located in eastern Wichita County (2015).


Low Food Access Definition: Limited access to healthy foods captures the proportion of the population who are low income and do not live close to a grocery store. Living close to a grocery store is defined differently in rural and non-rural areas; in rural areas, it means living less than 1 mile. Low income is defined as having an annual family income of less than or equal to 200 percent of the federal poverty threshold for the family size. Stores met the definition of a supermarket or large grocery store if they reported at least $2 million in annual sales and contained all the major food departments found in a traditional supermarket, including fresh meat and poultry, dairy, dry and packaged foods, and frozen foods.

Food Desert Definition: A food desert is defined as a low-income area where a substantial number or share of residents has low access to a supermarket or large grocery store. A population is defined as having limited food access if they are living more than 1 mile from a supermarket or large grocery store if in an urban area, or more than 10 miles from a supermarket or large grocery store if in a rural area.
Population Health

*Grocery Store Access*

- In 2016, Wichita County (10.7) had a lower rate of grocery stores per 100,000 population than the state (13.8) and the nation (21.2).
- The majority of zip code tabulation areas (ZCTAs) with lower numbers of grocery stores per 100,000 population are primarily located in the central and eastern parts of the county (2016).


Grocery store definition: Stores met the definition of a supermarket or large grocery store if they reported at least $2 million in annual sales and contained all the major food departments found in a traditional supermarket, including fresh meat and poultry, dairy, dry and packaged foods, and frozen foods. Convenience stores and large general merchandise stores that also retail food, such as supercenters and warehouse club stores are excluded.
Population Health
Children in the Study Area

- In 2016-2017, Wichita County (59.4%) had a slightly higher percentage of public school students eligible for free or reduced price lunch than the state (58.9%), and a higher rate than the nation (49.2%).
- Wichita County (96.7%) has a higher high school graduation rate than the state (91.0%) and the nation (86.8%) (2016-2017).

Definition: receiving a high school diploma within four years.
HEALTH DATA OVERVIEW
Health Status

Data Methodology

- **The following information outlines specific health data:**
  - Mortality, chronic diseases and conditions, health behaviors, natality, mental health and healthcare access

- **Data Sources include, but are not limited to:**
  - Texas Department of State Health Services
  - Texas Cancer Registry
  - Small Area Health Insurance Estimates (SAHIE)
  - CARES Engagement Network
  - The Behavioral Risk Factor Surveillance System (BRFSS)
    - The Behavioral Risk Factor Surveillance System (BRFSS) is the world’s largest, on-going telephone health survey system, tracking health conditions and risk behaviors in the United States yearly since 1984. Currently, information is collected monthly in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam.
    - It is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. For many states, the BRFSS is the only available source of timely, accurate data on health-related behaviors.
    - States use BRFSS data to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs. Many states also use BRFSS data to support health-related legislative efforts.
  - The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute
  - United States Census Bureau

- **Data Levels:** Nationwide, state, health service region, and county level data
Health Status

County and Health Service Region Map

Source: Texas Department of State Health Services, Center for Health Statistics; http://www.dshs.state.tx.us/chs/vstat/annrpts.shtml; data accessed August 21, 2018.

Note: Health Service Region (HSR) 2/3 includes a total of 49 counties in the state of Texas.

<table>
<thead>
<tr>
<th>County Name</th>
<th>Health Service Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita</td>
<td>2/3</td>
</tr>
</tbody>
</table>
Health Status

County Health Rankings & Roadmaps – Wichita County, Texas

• The County Health Rankings rank 244 counties in Texas (1 being the best, 244 being the worst).

• Many factors go into these rankings. A few examples include:

  – Health Behaviors:
    • Adult smoking
    • Adult obesity
    • Physical inactivity
    • Sexually transmitted infections

  – Clinical Care:
    • Uninsured
    • Flu vaccinations
    • Mammography screening
    • Preventable hospital stays

<table>
<thead>
<tr>
<th>2019 County Health Rankings</th>
<th>Wichita County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Outcomes</td>
<td>181</td>
</tr>
<tr>
<td>LENGTH OF LIFE</td>
<td>154</td>
</tr>
<tr>
<td>QUALITY OF LIFE</td>
<td>198</td>
</tr>
<tr>
<td>Health Factors</td>
<td>136</td>
</tr>
<tr>
<td>HEALTH BEHAVIORS</td>
<td>241</td>
</tr>
<tr>
<td>CLINICAL CARE</td>
<td>15</td>
</tr>
<tr>
<td>SOCIAL &amp; ECONOMIC FACTORS</td>
<td>82</td>
</tr>
<tr>
<td>PHYSICAL ENVIRONMENT</td>
<td>107</td>
</tr>
</tbody>
</table>

Note: Green represents the best ranking for the county, and red represents the worst ranking.

Source: County Health Rankings and Roadmaps; www.countyhealthrankings.org; data accessed May 19, 2019.
Note: Please see the appendix for full methodology.
Note: County Health Rankings ranks 244 of the 254 counties in Texas.
# Health Status


<table>
<thead>
<tr>
<th>Rank</th>
<th>Wichita County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Malignant neoplasms (C00-C97)</td>
<td>Diseases of heart (I00-I09,I11,I13,I20-I51)</td>
</tr>
<tr>
<td>2</td>
<td>Diseases of heart (I00-I09,I11,I13,I20-I51)</td>
<td>Malignant neoplasms (C00-C97)</td>
</tr>
<tr>
<td>3</td>
<td>Chronic lower respiratory diseases (J40-J47)</td>
<td>Cerebrovascular diseases (I60-I69)</td>
</tr>
<tr>
<td>4</td>
<td>Cerebrovascular diseases (I60-I69)</td>
<td>Chronic lower respiratory diseases (J40-J47)</td>
</tr>
<tr>
<td>5</td>
<td>Alzheimer's disease (G30)</td>
<td>Accidents (unintentional injuries) (V01-X59,Y85-Y86)</td>
</tr>
<tr>
<td>6</td>
<td>Accidents (unintentional injuries) (V01-X59,Y85-Y86)</td>
<td>Alzheimer's disease (G30)</td>
</tr>
<tr>
<td>7</td>
<td>Diabetes mellitus (E10-E14)</td>
<td>Diabetes mellitus (E10-E14)</td>
</tr>
<tr>
<td>8</td>
<td>Chronic liver disease and cirrhosis (K70,K73-K74)</td>
<td>Septicemia (A40-A41)</td>
</tr>
<tr>
<td>9</td>
<td>Intentional self-harm (suicide) (*U03,X60-X84,Y87.0)</td>
<td>Nephritis, nephrotic syndrome and nephrosis (N00-N07,N17-N19,N25-N27)</td>
</tr>
<tr>
<td>10</td>
<td>Parkinson's disease (G20-G21)</td>
<td>Chronic liver disease and cirrhosis (K70,K73-K74)</td>
</tr>
</tbody>
</table>


Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
# Health Status


<table>
<thead>
<tr>
<th>Mortality Category (2015-2017)</th>
<th>Wichita County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Combined 3Yr. Rate</td>
<td>3Yr. Change</td>
</tr>
<tr>
<td>Malignant neoplasms (C00-C97)</td>
<td>192.5</td>
<td>↑</td>
</tr>
<tr>
<td>Diseases of heart (I00-I09,I11,I13,I20-I51)</td>
<td>184.4</td>
<td>↑</td>
</tr>
<tr>
<td>Chronic lower respiratory diseases (J40-J47)</td>
<td>70.2</td>
<td>↑</td>
</tr>
<tr>
<td>Cerebrovascular diseases (I60-I69)</td>
<td>57.3</td>
<td>↓</td>
</tr>
<tr>
<td>Alzheimer's disease (G30)</td>
<td>44.1</td>
<td>↓</td>
</tr>
<tr>
<td>Accidents (unintentional injuries) (V01-X59,Y85-Y86)</td>
<td>45.8</td>
<td>↑</td>
</tr>
<tr>
<td>Diabetes mellitus (E10-E14)</td>
<td>31.8</td>
<td>=</td>
</tr>
<tr>
<td>Chronic liver disease and cirrhosis (K70,K73-K74)</td>
<td>23.6</td>
<td>↓</td>
</tr>
<tr>
<td>Intentional self-harm (suicide) (*U03,X60-X84,Y87.0)</td>
<td>18.6</td>
<td>-</td>
</tr>
<tr>
<td>Parkinson's disease (G20-G21)</td>
<td>15.6</td>
<td>↑</td>
</tr>
</tbody>
</table>

- Indicates that the county’s rate is lower than the state’s rate for that disease category.
- Indicates that the county’s rate is higher than the state’s rate for that disease category.
- Indicates that the rate is trending downwards.
- Indicates that the rate is trending upwards.
- Indicates that the rate has remained steady.


Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Health Status

Mortality – Overall

- Overall mortality rates in Wichita County remained higher than the state between 2015 and 2017.
- Overall mortality rates in Wichita County increased between 2015 and 2017, while rates in the state slightly decreased.
- In 2017, the overall mortality rate in Wichita County (991.4 per 100,000) was higher than the state (735.7 per 100,000).


Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Health Status

Mortality – Malignant Neoplasms

- Cancer is the leading cause of death in Wichita County and the second leading cause of death in the state (2015-2017).
- Between 2015 and 2017, cancer mortality rates increased in Wichita County and decreased in the state.
- In 2017, the cancer mortality rate in Wichita County (194.9 per 100,000) was higher than the state rate (146.5 per 100,000).


Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Health Status

*Cancer Incidence & Mortality by Type*

**Female Breast**
Age-adjusted Incidence and Mortality Rates per 100,000
2012-2016

- **Incidence**
  - Wichita County: 114.8
  - Texas: 112.0

- **Mortality**
  - Wichita County: 23.0
  - Texas: 20.0

**Prostate**
Age-adjusted Incidence and Mortality Rates per 100,000
2012-2016

- **Incidence**
  - Wichita County: 77.2
  - Texas: 92.4

- **Mortality**
  - Wichita County: 18.7
  - Texas: 17.9

**Lung and Bronchus**
Age-adjusted Incidence and Mortality Rates per 100,000
2012-2016

- **Incidence**
  - Wichita County: 71.8
  - Texas: 52.5

- **Mortality**
  - Wichita County: 51.9
  - Texas: 37.3

**Colon and Rectum**
Age-adjusted Incidence and Mortality Rates per 100,000
2012-2016

- **Incidence**
  - Wichita County: 42.5
  - Texas: 37.7

- **Mortality**
  - Wichita County: 19.7
  - Texas: 14.2


Note: All rates are per 100,000. Rates are age-adjusted to the 2000 U.S. Standard Population. *Counts/rates are suppressed if fewer than 16 cases were reported in the specified category; Counts < 16 are too few to calculate a stable age-adjusted rate.
Health Status

Mortality – Diseases of the Heart

- Heart disease is the second leading cause of death in Wichita County and the leading cause of death in the state (2015-2017).
- Between 2015 and 2017, heart disease mortality rates increased in Wichita County and slightly decreased in the state.
- In 2017, the heart disease mortality rate in Wichita County (199.6 per 100,000) was higher than the state rate (169.2 per 100,000).

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.

United Regional Health Care System Community Health Needs Assessment and Implementation Plan
Community Hospital Consulting

December 2019
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Health Status

*Mortality – Chronic Lower Respiratory Diseases*

- Chronic lower respiratory disease (CLRD) is the third leading cause of death in Wichita County and the fourth leading cause of death in the state (2015-2017).
- Between 2015 and 2017, CLRD mortality rates increased in Wichita County and slightly decreased in the state.
- In 2017, the CLRD mortality rate in Wichita County (82.9 per 100,000) was higher than the state rate (40.4 per 100,000).

**Chronic Lower Respiratory Diseases**

1Yr. Estimates, Age-adjusted Death Rates per 100,000

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DEATHS</th>
<th>AGE-ADJUSTED DEATH RATE</th>
<th>DEATHS</th>
<th>AGE-ADJUSTED DEATH RATE</th>
<th>DEATHS</th>
<th>AGE-ADJUSTED DEATH RATE</th>
<th>DEATHS</th>
<th>AGE-ADJUSTED DEATH RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita County</td>
<td>102</td>
<td>68.6</td>
<td>89</td>
<td>59.4</td>
<td>125</td>
<td>82.9</td>
<td>316</td>
<td>70.2</td>
</tr>
<tr>
<td>Texas</td>
<td>10,231</td>
<td>41.3</td>
<td>10,107</td>
<td>39.5</td>
<td>10,650</td>
<td>40.5</td>
<td>30,988</td>
<td>40.4</td>
</tr>
</tbody>
</table>

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Health Status

*Mortality – Cerebrovascular Diseases*

- Cerebrovascular disease is the fourth leading cause of death in Wichita County the third leading cause of death in the state (2015-2017).
- Between 2015 and 2017, cerebrovascular disease mortality rates in Wichita County and the state slightly decreased.
- In 2017, the cerebrovascular disease mortality rate in Wichita County (58.1 per 100,000) was higher than the state rate (41.3 per 100,000).

![Cerebrovascular Diseases](chart.png)


*Note:* Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Health Status

Mortality – Alzheimer’s Disease

- Alzheimer’s disease is the fifth leading cause of death in Wichita County and the sixth leading cause of death in the state (2015-2017).
- Between 2015 and 2017, Alzheimer’s disease mortality rates decreased in Wichita County and slightly increased in the state.
- In 2017, the Alzheimer’s disease mortality rate in Wichita County (41.6 per 100,000) was higher than the rate in the state (38.5 per 100,000).


Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita County</td>
<td>84</td>
<td>56.0</td>
<td>55</td>
<td>34.8</td>
<td>65</td>
<td>41.6</td>
<td>204</td>
<td>44.1</td>
</tr>
<tr>
<td>Texas</td>
<td>8,903</td>
<td>38.2</td>
<td>9,135</td>
<td>37.8</td>
<td>9,545</td>
<td>38.5</td>
<td>27,583</td>
<td>38.2</td>
</tr>
</tbody>
</table>
Health Status

Mortality – Accidents

- Fatal accidents are the sixth leading cause of death in Wichita County and the fifth leading cause of death in the state (2015-2017).
- Between 2015 and 2017, accident mortality rates increased in Wichita County and the state.
- In 2017, the accident mortality rate in Wichita County (52.0 per 100,000) was higher than the state rate (38.8 per 100,000).
- The leading cause of fatal accidents in Wichita County is due to motor vehicle accidents, followed closely by falls (2017).

Accidents (Unintentional Injuries)
1Yr. Estimates, Age-adjusted Death Rates per 100,000 2015-2017

<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita County</td>
<td>62</td>
<td>43.5</td>
<td>55</td>
<td>41.7</td>
<td>74</td>
<td>37.4</td>
<td>191</td>
<td>45.8</td>
</tr>
<tr>
<td>Texas</td>
<td>9,976</td>
<td>37.4</td>
<td>10,536</td>
<td>38.6</td>
<td>10,763</td>
<td>38.8</td>
<td>31,275</td>
<td>38.3</td>
</tr>
</tbody>
</table>

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Accident mortality rates include: motor vehicle crashes, other land transport accidents, water transport accidents, air and space transport accidents, falls, accidental shootings, drownings, fire and smoke exposures, poisonings, suffocations, and all other unintentional injuries.
Health Status

Mortality – Diabetes Mellitus

• Diabetes mellitus is the seventh leading cause of death in Wichita County and the state (2015-2017).
• Between 2015 and 2017, diabetes mortality rates remained steady in Wichita County and the state.
• In 2017, the diabetes mortality rate in Wichita County (32.1 per 100,000) was higher than the state rate (21.2 per 100,000).

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Health Status

Mortality – Chronic Liver Disease and Cirrhosis

- Chronic liver disease and cirrhosis is the eighth leading cause of death in Wichita County and the tenth leading cause of death in the state (2015-2017).
- Between 2015 and 2017, chronic liver disease and cirrhosis mortality rates decreased in Wichita County and remained relatively stable in the state.
- In 2017, the chronic liver disease and cirrhosis mortality rate in Wichita County (18.4 per 100,000) was higher than the state rate (13.9 per 100,000).

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Health Status

Mortality – Intentional Self-Harm (Suicide)

- Intentional self-harm (suicide) is the ninth leading cause of death in Wichita County and is not a leading cause of death in the state (2015-2017).
- Between 2015 and 2017, intentional self-harm mortality rates increased in the state.
- In 2017, the intentional self-harm mortality rate in Wichita County (23.7 per 100,000) was higher than the state (13.4 per 100,000).

![Graph showing mortality rates for Wichita County and Texas from 2015 to 2017.](image)

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DEATHS</th>
<th>AGE-ADJUSTED DEATH RATE</th>
<th>DEATHS</th>
<th>AGE-ADJUSTED DEATH RATE</th>
<th>DEATHS</th>
<th>AGE-ADJUSTED DEATH RATE</th>
<th>DEATHS</th>
<th>AGE-ADJUSTED DEATH RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita County</td>
<td>17</td>
<td>-</td>
<td>24</td>
<td>19.0</td>
<td>32</td>
<td>23.7</td>
<td>73</td>
<td>18.6</td>
</tr>
<tr>
<td>Texas</td>
<td>3,403</td>
<td>12.5</td>
<td>3,488</td>
<td>12.6</td>
<td>3,778</td>
<td>13.4</td>
<td>10,669</td>
<td>12.8</td>
</tr>
</tbody>
</table>

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Health Status

Mortality – Parkinson’s Disease

- Parkinson’s Disease is the tenth leading cause of death in Wichita County and is not a leading cause of death in the state (2015-2017).
- Between 2015 and 2017, Parkinson’s Disease mortality rates increased in Wichita County and the state.
- In 2017, the Parkinson’s Disease mortality rate in Wichita County (16.9 per 100,000) was higher than the state rate (9.4 per 100,000).

Parkinson's Disease
1Yr. Estimates, Age-adjusted Death Rates per 100,000
2015-2017

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wichita County</td>
<td>21</td>
<td>13.9</td>
<td>24</td>
<td>16.1</td>
<td>26</td>
<td>16.9</td>
<td>71</td>
<td>15.6</td>
</tr>
<tr>
<td>Texas</td>
<td>1,983</td>
<td>8.5</td>
<td>2,150</td>
<td>8.9</td>
<td>2,338</td>
<td>9.4</td>
<td>6,471</td>
<td>9.0</td>
</tr>
</tbody>
</table>

Note: Age Adjustment Uses 2000 Standard Population. Rates calculated with small numbers are unreliable and should be used cautiously.
Health Status

**Communicable Diseases – Chlamydia, Gonorrhea, Syphilis, HIV**

### Chlamydia
- Rate per 100,000
- 2015-2017

- **Wichita County**
  - 2015: 509.7
  - 2016: 623.7
  - 2017: 657.6

- **Texas**
  - 2015: 491.3
  - 2016: 507.8
  - 2017: 511.6

### Gonorrhea
- Rate per 100,000
- 2015-2017

- **Wichita County**
  - 2015: 116.1
  - 2016: 215.5
  - 2017: 259.1

- **Texas**
  - 2015: 137.5
  - 2016: 151.6
  - 2017: 160.2

### Syphilis
- Rate per 100,000
- 2015-2017

- **Wichita County**
  - 2015: 26.7
  - 2016: 16.0
  - 2017: 16.7

- **Texas**
  - 2015: 30.8
  - 2016: 34.8
  - 2017: 40.6

### HIV Diagnoses
- Rate per 100,000
- 2015-2017

- **Wichita County**
  - 2015: 2.3
  - 2016: 5.3
  - 2017: 7.6

- **Texas**
  - 2015: 16.5
  - 2016: 16.2
  - 2017: 15.5

---

Source: Texas Department of State Health Services, HIV/STD Program: Reports. [https://dshs.texas.gov/hivstd/reports/](https://dshs.texas.gov/hivstd/reports/); information accessed April 15, 2019.
In 2015, the percent of adults (age 20+) ever diagnosed with diabetes by a doctor in Wichita County (12.3%) was higher than the state (9.5%) and national (9.3%) rates.

In 2015, the percentage of Medicare Beneficiaries with diabetes in Wichita County (31.2%) was higher than the state rate (28.2%) and the national rate (26.6%).

Between 2015 and 2017, diabetes prevalence rates in adults (age 18+) in Wichita County and Texas increased.

In 2017, Wichita County (21.4%) had a higher percent of adults (age 18+) who had ever been diagnosed with diabetes than the state (11.9%).
Health Status
Chronic Conditions – Obesity

- In 2015, Wichita County (32.2%) had a higher percentage of adults (age 20+) who reported having a Body Mass Index (BMI) greater than 30.0 (obese) than the state (28.8%) and the nation (28.3%).
- Between 2015 and 2017, obesity prevalence rates in adults (age 18+) in Wichita County and the state overall increased.
- In 2017, Wichita County (43.1%) had a higher percentage of obese adults (age 18+) than the state (33.0%).

Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.

Obesity Percentage, Adults (age 18+)
2015-2017

<table>
<thead>
<tr>
<th>Year</th>
<th>Wichita County</th>
<th>Texas</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>35.0%</td>
<td>32.4%</td>
<td>28.8%</td>
</tr>
<tr>
<td>2016</td>
<td>42.1%</td>
<td>33.6%</td>
<td>29.3%</td>
</tr>
<tr>
<td>2017</td>
<td>43.1%</td>
<td>33.0%</td>
<td>28.3%</td>
</tr>
</tbody>
</table>

Source: Texas Behavioral Risk Factor Surveillance System, Center for Health Statistics, Texas Department of State Health Services; data accessed April 9, 2019.
Definition: BMI is (weight in lbs. divided by [height in inches squared]) times 703. Recommended BMI is 18.5 to 24.9. Overweight is 25.0 to 29.9. Obese is => 30.0.
Health Status

*High Blood Pressure*

- Wichita County (43.3%) had a higher percentage of adults (age 18+) with high blood pressure (hypertension) than the state (30.0%) and the nation (28.2%) (2006-2012).

- Wichita County (62.2%) has a higher rate of Medicare fee-for-service residents with hypertension than the state (57.5%) and a higher rate than the nation (55.0%) (2015).


Definition: receiving a high school diploma within four years.
Health Status

Chronic Conditions – Asthma

- In 2011-2012, the percent of adults (age 18+) in Wichita County (14.8%) that had ever been told by a health professional that they had asthma was higher than the state rate (11.6%) and national rate (13.4%).
- Between 2015 and 2017, asthma prevalence rates in adults (age 18+) in Wichita County and the state overall decreased.
- In 2017, Wichita County (11.5%) had a consistent percentage of adults (age 18+) ever diagnosed with asthma with the state (11.8%).

Source: Texas Behavioral Risk Factor Surveillance System, Center for Health Statistics, Texas Department of State Health Services; data accessed April 9, 2019.
Definition: Has a doctor, nurse, or other health professional ever told you that you had asthma?

Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.
Health Status

Chronic Conditions – Arthritis

• In 2017, the percentage of adults (age 18+) ever diagnosed with arthritis in HSR 2/3 (19.6%) was the second lowest as compared to all other health service regions and the state (21.4%).

• Between 2015 and 2017, arthritis prevalence rates in adults (age 18+) in Wichita County and the state overall increased.

• In 2017, Wichita County (37.3%) had a higher percentage of adults (age 18+) ever diagnosed with arthritis than the state (21.4%).

Arthritis
Percentage, Adults (age 18+)
2017

Arthritis
Percentage, Adults (age 18+)
2015-2017

HSR 1  HSR 2/3  HSR 4/5N  HSR 6/5S  HSR 7  HSR 8  HSR 9/10  HSR 11  Texas

HSR 1  HSR 2/3  HSR 4/5N  HSR 6/5S  HSR 7  HSR 8  HSR 9/10  HSR 11  Texas

Wichita County  Texas


Definition: Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?
Health Status

Health Behaviors – Physical Inactivity

- In 2015, the percent of the adult population (age 20+) in Wichita County (27.5%) that self-reported no leisure time for physical activity was higher than the state rate (22.7%) and the national rate (21.6%).

- The percent of adults (age 18+) that did not participate in leisure time physical activity in Wichita County and the state overall increased between 2015 and 2017.

- In 2017, the percentage of adults (age 18+) that did not participate in physical activity in Wichita County (34.4%) was slightly higher than the state (32.1%).

Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.
Health Status

Health Behaviors – Binge Drinking

- In 2017, the percentage of adults (age 18+) at risk of binge drinking in HSR 2/3 (16.6%) was the third lowest as compared to all other health service regions and the state (17.8%).
- Between 2015 and 2017, the percentage of adults (age 18+) at risk of binge drinking in the state overall increased.
- In 2017, Wichita County (11.3%) had a lower percentage of adults (age 18+) at risk of binge drinking than the state (17.8%).

**Binge Drinking**
Percentage At Risk, Adults (age 18+)
2017

<table>
<thead>
<tr>
<th>HSR 1</th>
<th>HSR 2/3</th>
<th>HSR 4/5N</th>
<th>HSR 6/5S</th>
<th>HSR 7</th>
<th>HSR 8</th>
<th>HSR 9/10</th>
<th>HSR 11</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.1%</td>
<td>16.6%</td>
<td>11.4%</td>
<td>18.0%</td>
<td>21.1%</td>
<td>18.7%</td>
<td>20.7%</td>
<td>18.3%</td>
<td>17.8%</td>
</tr>
</tbody>
</table>

**Binge Drinking**
Percentage At Risk, Adults (age 18+)
2015-2017

<table>
<thead>
<tr>
<th>2015</th>
<th>2016</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.1%</td>
<td>16.6%</td>
<td>17.9%</td>
</tr>
</tbody>
</table>

Wichita County

Note: the percentage of adults (age 18+) that were at risk of binge drinking in Wichita County could not be calculated in 2016 due to a sample size less than 50 and/or a relative standard error greater than 30.0%.

Texas


Definition: During the past 30 days, what is the largest number of drinks you had on any occasion? Respondents are classified as “at risk” for binge drinking if males reported consuming 5 or more and females reported consuming 4 or more alcoholic beverages at one time.
Health Status

Health Behaviors – Smoking

- The percent of the adult (age 18+) population in Wichita County (21.7%) that self-reported currently smoking cigarettes some days or every day was higher than the state rate (16.5%) and national rate (18.1%) (2006-2012).

- Between 2015 and 2017, the percent of adults (age 18+) that self-reported smoking every day in Wichita County decreased, while rates in the state increased.

- In 2017, the prevalence of current, every day smokers in Wichita County (19.9%) was lower than the state (26.2%).


Frequency of Smoking Definition: Do you now smoke cigarettes every day, some days, or not at all? (Respondents that reported smoking ‘Every Day’ are included in this chart)

Note: smoking refers to cigarettes, and does not include electronic cigarettes (e-cigarettes, NJOY, Bluetip), herbal cigarettes, cigars, cigarillos, little cigars, pipes, bidis, kreteks, water pipes (hookahs), marijuana, chewing tobacco, snuff, or snus.

A green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.

Smoking Frequency - Every Day
Percentage, Adults (age 18+)
2015-2017

Wichita County
2015: 29.6%
2016: 29.6%
2017: 19.9%
Texas
2015: 25.9%
2016: 22.7%
2017: 26.2%

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Health Status

Health Behaviors – E-Cigarette Use

• In 2017, the percentage of adults (age 18+) that reported ever using an e-cigarette or other electronic vaping product in HSR 2/3 (20.0%) was consistent with the majority of other health service regions and the state (20.8%).

E-Cigarette Use - Ever
Percentage, Adults (age 18+)
2017

Definition: Have you ever used an e-cigarette or other electronic vaping product, even just once, in your entire life?
Health Status

Maternal & Child Health Indicators

Smoking During Pregnancy
Percent of All Births
2015

Wichita County: 13.7%
Texas: 3.6%

No Prenatal Care
Percent of All Births
2015

Wichita County: 6.6%
Texas: 2.4%

Low Birth Weight (<2,500g)
Percent of All Births
2015

Wichita County: 7.6%
Texas: 8.2%

Teen Births (age 0-19)
Percent of All Births
2015

Wichita County: 10.8%
Texas: 8.2%

Source: Texas Department of State Health Services, Texas Health Data, Birth Outcomes report filtered for Wichita County, TX; http://healthdata.dshs.Texas.gov/VitalStatistics/Birth; data accessed May 19, 2019.

Note: Percentages are crude rates based on number of specific indicator-related cases divided by total births. Rates are not calculated if number of cases are too low for statistical reliability. Birth data are reported by mothers' county of residence (as mothers reported on birth certificates during the birth registration) regardless where deliveries actually occurred, in state or out-of-state.
Health Status

Mental Health – Depressive Disorders

- In 2015, the percentage of Medicare Beneficiaries in Wichita County (22.6%) with depression was higher than the state (17.0%) and national rates (16.7%).

- Between 2015 and 2017, the rate of adults (age 18+) ever diagnosed with a depressive disorder in Wichita County increased, while rates in the state overall remained stable.

- In 2017, Wichita County (25.8%) had a higher percentage of adults (age 18+) ever diagnosed with a depressive disorder than the state (16.7%).


Definition: Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder including depression, major depression, dysthymia, or minor depression?

Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.
Health Status

Mental Health – 14+ Days of Poor Mental Health

• In 2017, HSR 2/3 (10.4%) had the second lowest rate of adults (age 18+) that reported experiencing 14 or more days of poor mental health with all other health service regions and the state (11.8%).

• Between 2015 and 2017, the percent of adults (age 18+) that reported experiencing 14 or more days of poor mental health in Wichita County and the state increased.

• In 2017, Wichita County (13.1%) had a slightly higher percent of adults (age 18+) that reported experiencing 14 or more days of poor mental health than the state (11.8%).
Health Status

Screenings – Mammography, Prostate Screening, Pap Test, Colorectal (Medicare)

Received Mammography Screening
Percent, Females (age 35+)
2015-2017

- 2015
- 2016
- 2017

33.0% 33.0% 31.0%
Wichita County
Texas
United States

Received Prostate Cancer Screening
Percent, Males (age 50+)
2015-2017

- 2015
- 2016
- 2017

12.0% 16.0% 19.0%
Wichita County
Texas
United States

Received Pap Test Screening
Percent, Females (all ages)
2015-2017

- 2015
- 2016
- 2017

5.0% 5.0% 5.0%
Wichita County
Texas
United States

Received Colorectal Cancer Screening
Percent, Adults (age 50+)
2015-2017

- 2015
- 2016
- 2017

11.0% 11.0% 12.0%
Wichita County
Texas
United States


Mammography Screening Definition: percentages are identified using the HCPCS/CPT codes present in the Medicare administrative claims. The uptake rate for mammography services is calculated as the percentage of beneficiaries that received at least one of the services (defined by HCPCS/CPT codes) in a given year. Number of beneficiaries for mammography services excludes: beneficiaries without Part B enrollment for at least one month; beneficiaries with enrollment in Medicare Advantage; male beneficiaries; and female beneficiaries aged less than 35.

Colorectal Cancer Screening Definition: percentages are identified using the HCPCS/CPT codes present in the Medicare administrative claims. The uptake rate for colorectal cancer services is calculated as the percentage of beneficiaries that received at least one of the services (defined by HCPCS/CPT codes) in a given year. Number of beneficiaries for colorectal cancer screening services excludes: beneficiaries without Part B enrollment for at least one month; beneficiaries with enrollment in Medicare Advantage; and beneficiaries aged less than 50.

Pap Test Screening Definition: percentages are identified using the HCPCS/CPT codes present in the Medicare administrative claims. The uptake rate for pap test services is calculated as the percentage of beneficiaries that received at least one of the services (defined by HCPCS/CPT codes) in a given year. Number of beneficiaries for pap test screening services excludes: beneficiaries without Part B enrollment for at least one month; beneficiaries with enrollment in Medicare Advantage; and male beneficiaries.

Prostate Cancer Screening Definition: percentages are identified using the HCPCS/CPT codes present in the Medicare administrative claims. The uptake rate for prostate cancer services is calculated as the percentage of beneficiaries that received at least one of the services (defined by HCPCS/CPT codes) in a given year. Number of beneficiaries for prostate cancer screening services excludes: beneficiaries without Part B enrollment for at least one month; beneficiaries with enrollment in Medicare Advantage; female beneficiaries; and male beneficiaries aged less than 50.
Health Status

Preventive Care – Influenza Vaccine

- Between 2015 and 2017, the percent of adults (age 18-64) that did not receive a flu shot in Wichita County fluctuated, while rates in the state increased.
- In 2017, Wichita County (60.8%) had a lower percentage of adults (age 18-64) that did not receive a flu shot than the state (68.2%).
- Between 2015 and 2017, the percent of adults (age 65+) that did not receive a flu shot in the past year in Wichita County and the state overall increased.
- In 2017, the percent of adults (age 65+) that did not receive a flu shot in the past year in Wichita County (56.3%) was higher than the state (40.6%).


**Definition:** During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose?
Health Status

Preventive Care – Pneumococcal Vaccine (65+ Years)

• Between 2015 and 2017, the percent of adults (age 65+) that had never received a pneumonia shot in Wichita County overall increased, while rates in the state decreased.

• In 2017, the percent of adults (age 65+) that had never received a pneumonia shot in Wichita County (24.4%) was slightly lower than the state rate (25.8%).

No Pneumonia Shot
Percentage, Adults (age 65+)
2015-2017

<table>
<thead>
<tr>
<th>Year</th>
<th>Wichita County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>20.8%</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td>18.1%</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>24.4%</td>
<td>29.1%</td>
</tr>
<tr>
<td></td>
<td>28.7%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>25.8%</td>
<td></td>
</tr>
</tbody>
</table>

Definition: Have you ever had a pneumonia shot? *ADULTS AGE 65+ YEARS*
Health Status

Health Care Access – Uninsured

• As of 2017, Wichita County (17.6%) has a lower rate of uninsured adults (age 18-64) as compared to the state (23.4%).

• Wichita County and the state experienced declines in the percentage of uninsured adults (age 18-64) between 2015 and 2017 (4.6% and 1.4%, respectively).

Health Status

Health Care Access – Medical Cost Barrier and No Personal Doctor

- Between 2013 and 2017, the percent of adults (age 18+) that needed medical care but could not receive it due to cost increased in Wichita County and decreased in the state.
- In 2017, the percent of adults (age 18+) that reported experiencing a medical cost barrier in the past 12 months in Wichita County (23.5%) was higher than the state (19.6%).
- Between 2015 and 2017, the percent of adults (age 18+) in the state that reported having no personal doctor slightly decreased.
- In 2017, Wichita County (27.3%) had a lower percentage of adults (age 18+) that had no personal doctor than the state (32.2%).

**Medical Cost Barrier**

<table>
<thead>
<tr>
<th>Percentage, Adults (age 18+)</th>
<th>2015-2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>2016</td>
</tr>
<tr>
<td>18.4%</td>
<td>13.1%</td>
</tr>
<tr>
<td>33.3%</td>
<td>17.9%</td>
</tr>
</tbody>
</table>

**No Personal Doctor**

<table>
<thead>
<tr>
<th>Percentage, Adults (age 18+)</th>
<th>2015-2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>2016</td>
</tr>
<tr>
<td>24.6%</td>
<td>27.3%</td>
</tr>
<tr>
<td>31.1%</td>
<td>32.2%</td>
</tr>
</tbody>
</table>

Note: the percentage of adults (age 18+) that reported having no personal doctor in Wichita County could not be calculated in 2016 due to a sample size less than 50 and/or a relative standard error greater than 30.0%.

Health Status

Health Care Access – Providers

• In 2014, the rate of primary care physicians per 100,000 population in Wichita County (98.9 per 100,000) was higher than the state (68.7 per 100,000) and national rates (87.8 per 100,000).

• In 2015, the rate of dental care providers per 100,000 population in Wichita County (81.2 per 100,000) was higher than the state (54.1 per 100,000) and national rates (65.6 per 100,000).

• In 2017, the rate of mental health care providers per 100,000 population in Wichita County (140.9 per 100,000) was higher than the state rate (105.4 per 100,000) and lower than the national rate (202.8 per 100,000).


Definition: “Primary care physicians” classified by the AMA include: General Family Medicine MDs and DOs, General Practice MDs and DOs, General Internal Medicine MDs and General Pediatrics MDs. Physicians age 75 and over and physicians practicing sub-specialties within the listed specialties are excluded.

Definition: All dentists qualified as having a doctorate in dental surgery (D.D.S.) or dental medicine (D.M.D.) licensed by the state to practice dentistry and who practice within the scope of that license.

Definition: Psychiatrists, psychologists, clinical social workers, and counselors that specialize in mental health care.

Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.
Health Status

Health Care Access – Common Barriers to Care

• Lack of available primary care resources for patients to access may lead to increased preventable hospitalizations.
  – In 2015, the rate of preventable hospital events in Wichita County (50.3 per 1,000 Medicare Enrollees) was lower than the state (53.2 per 1,000) and slightly higher than the nation (49.4 per 1,000).

• Lack of transportation is frequently noted as a potential barrier to accessing and receiving care.
  – In 2013-2017, 6.7% of households in Wichita County had no motor vehicle, as compared to 5.5% in Texas and 8.8% in the nation.

Note: a green dial indicates that the county has a better rate than the state, and a red dial indicates that the county has a worse rate than the state.
PHONE INTERVIEW FINDINGS
Overview

• Conducted 27 interviews with the two groups outlined in the IRS Final Regulations

• Discussed the health needs of the community, access issues, barriers and issues related to specific populations

• Gathered background information on each interviewee
Interviewee Information

- **Raymond Atkins**: Executive Director, Helen Farabee Centers
- **Kris Awtrey**: CEO/Administrator, Presbyterian Manor/House of Hope
- **DeAndra Chenault**: City Councilor, Wichita Falls City Council
- **Randy Cooper**: Executive Director, Boys and Girls Club of Wichita Falls
- **Kristi Curd**: Director of Case Management and Social Work, United Regional Health Care System
- **Dori Dockery**: Director of Community Health, United Regional Health Care System
- **Alisa Echols**: CEO, Hospice of Wichita Falls
- **Amy Fagan**: Assistant Director, Wichita Falls Health Department
- **Kelly Fristoe**: Financial Services Representative, Financial Partners
- **Woody Gossom**: County Judge, Wichita County
- **Laura Gutierrez**: Diabetes Educator, United Regional Health Care System
- **Jackie Hamm**: Executive Director, THE Kitchen/Red/Green Door Senior Centers
- **Brian Hull, MD**: Medical Director of Transitional Care, United Regional Health Care System
- **Lauren Johnson**: Board Chair, United Regional Health Care System Foundation
- **Lou Kreidler**: Director, Wichita Falls Health Department
- **Robin Lockhart**: Interim Chair, Wilson School of Nursing
- **Carol Marlar**: Onsite Manager, United Way
- **Rebecca McCain**: CEO, Electra Memorial Hospital
- **Debi Mills**: Director of Health Services, Wichita Falls Independent School District
- **Regan Nabors**: Senior Representative Community Engagement, American Cancer Society
- **Michelle Nelson**: Senior Director of Health Improvement, United Regional Health Care System
- **Allen Patterson**: CEO, Community Healthcare Center
- **Steve Sparks**: Executive Director, Faith Mission/Faith Refuge
- **Michael Stanford**: Board Chair, United Regional Health Care System
- **Helen Talley**: Director of Nursing, Presbyterian Manor/House of Hope
- **Mani Vejandla**: Pharmacist, Guffey’s Pharmacy
- **Angie Weiss**: Nutrition Director, Wichita Falls Area Food Bank

Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.
Interviewee Characteristics

- Work for a State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community - 7.4%

- Member of a medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations - 77.8%

- Community leaders - 14.8%

*Note: Interviewees may provide information for several required groups.*
Community Needs Summary

• Interviewees discussed the following as the most significant health issues:
  – Insurance Coverage & Affordability of Care
  – Transportation
  – Access to Primary Care
  – Access to Specialty Care
  – Access to Mental & Behavioral Health Care
  – Community Education & Preventive Care
    • Healthy Lifestyle Management
    • Access to Healthy Foods
    • Community Collaboration & Awareness of Existing Resources
  – Child & Adolescent Health
  – Aging Population

Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.
Insurance Coverage & Affordability of Care

• **Issues:**
  - Cost barriers to care leading to:
    - Overuse of the ER
    - Delay in seeking care
    - Foregoing care
  - Outmigration due to lack of specialty providers participating in local insurance plans
  - Expensive dental care services leading to delay in seeking care for all insurance types
  - High cost of health care services forcing lower socioeconomic groups to choose between:
    - Medications/prescriptions
    - Food, meals
    - Utilities
  - Concern surrounding lack of sliding fee scale related clinics in west side of county

• **Needs:**
  - Efforts to promote financial assistance, support programs, discounted services in the community
  - Education concerning use of the ER vs. a primary care provider
  - Greater access to affordable health care services, medications for underserved populations
  - Evaluation of clinic-placement in west side of the community

“The cost of health insurance is the biggest barrier. It just makes it difficult for a lot of people.”

“Overuse of the ER is with Medicaid and uninsured patients because they can’t find anyone who will see them.”

“When you get down to the uninsured and even the Medicaid population, they don’t even think about doing anything with the sniffles – they just suffer with it until it gets bad and then they go to the ER.”

“There are different provider type plans in our zips, and there are no specialists in our community that are participating in those plans...if you need to see a dermatologist or urologist, you have to go to the Metroplex. So while people are insured, what they’re really facing is lack of access to local, comprehensive care.”

“People wait to do dental care, even with insurance, because it’s so expensive. There is even more of a gap for unfunded patients and those who have limited financial means.”

“Patients are having to choose between affording medications and affording food and paying bills. The cost has gone up and is going up.”

“We have a patient population that has no funding, or they’re underfunded. Not only can they not afford the doctor’s office, but they also can’t afford the medications. The high costs of drugs is quite a deterrent and leads to a lot of comorbidity and readmissions because they can’t fill the prescription so they don’t take the meds.”

“We don’t have enough clinics that are on that west side of the county. There [should be] an FQHC medical, dental and behavioral site on the west side of the community, maybe more than one site. We need to provide medical, dental and behavioral primary care services to the financially and otherwise vulnerable in the community.”

Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.
Transportation

**Issues:**
- Transportation barriers leading to patients missing health care appointments
- Existing transportation infrastructure has limitations with long wait times, stops around the county
- Difficulty for residents living in more rural areas to seek transportation to care
- Disproportionate transportation challenges in getting to/from doctor’s appointments for:
  - Low income
  - Medicare patients
  - Elderly
  - Handicapped

**Needs:**
- Efforts to improve local public transit system availability
- Emphasis on the transportation needs for low income, Medicare, elderly, handicapped residents

"With access to care, we need a better infrastructure in transportation. Some patients can’t afford a cab and they miss their appointment. We’re missing the boat by not having a more county-wide transportation system that’s accessible, reliable and safe. Patients who don’t show up say they couldn’t get a ride. If we had a better system, our patients could get to their appointments."

"Transportation is hard. Patients will say if they have to take the bus, it’ll take all day. Sometimes going 2-3 blocks takes 2-3 hours because of the stops. Our transportation is very limited."

"We’re a widespread, rural county and we have parts of our county that are a 25-30 minute drive away. Transportation is an issue a lot with patients."

"Transportation could be better. I don’t know how the financially vulnerable get to specialists at all. Most have to bum a ride or walk."

"Medicare does not cover transportation and that’s a real challenge. Our elderly folks have to rely on family, friends or ride programs. To make it to an appointment, they’d have to find a taxi and they have to make choices...so they choose between which appointment to go to, or not follow up on appointments due to lack of transportation. We have a bus route here but it only runs certain hours and certain routes and they have significant issues with access to the bus rides."

"If the patient doesn’t have anyone to take them to their appointment, that’s an issue."

"If they’re in a wheel chair, getting to the bus stop may be a little too hard. If it’s raining, they can’t get to the doc. Even just waiting at the bus stop. That’s a problem."
Access to Primary Care

• **Issues:**
  - Limited number of providers accepting new patients in the community
  - Difficulty in seeking primary care for certain insurance types (Medicaid, Medicare)
  - Provider shortage leading to:
    - Overuse of ER
    - Increased use of advanced practitioners
    - Long wait times
  - Increasing number of providers preferring “shift work,” resisting admitting to nursing homes
  - Long wait times and inconsistent follow up disproportionately affecting un/underinsured patients
  - Concern surrounding recent closing of residency program
  - Lack of local providers accepting patients with developmental disabilities

“There are challenges even if you have good health insurance in finding a primary care doc accepting new patients.”

“It’s not a lack of providers in Wichita Falls, but it’s a lack of in-network physicians for certain insurance types.”

“Many primary care physicians are getting to retirement age or they’re trying to limit Medicaid patients.”

“There are a lot of primary care physicians who are no longer taking Medicare patients. For many seniors, the emergency room is their primary care physician.”

“A lot of times the PCP is out of sight, out of mind. A lot of people see PAs.”

“The new docs don’t want to be called after 5pm or on weekends. There are physicians now that will not admit to a nursing home.”

“If they’re unfunded, they struggle getting into clinics. If they’re funded, they have access but it still takes longer than it should. It is more difficult for patients to get quick access to primary care.”

“If you’re insured, you’re going to get follow up consistently on chronic conditions. If you’re Medicaid or unfunded, instead of getting a blood pressure check every 3 months, you might get an appointment every 6 months.”

“Last year we lost the residency program which hurt a lot of the low income community. We need to be looking at having another primary care residency in the community for purposes of a long term health care infrastructure.”

“Physicians are limiting the number of folks they will take with developmental disabilities...folks with mental retardation and autism.”

• **Needs:**
  - Continued efforts to recruit physicians
  - Education regarding importance in preventive care, establishing relationship with primary care providers
  - Emphasis on the primary care needs of un/underinsured, Medicaid, Medicare, low income, developmentally-disabled residents
  - Evaluation of re-establishment of residency program in the community

Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.

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Access to Specialty Care

• Issues:
  – Outmigration of patients to Dallas/Fort Worth, Oklahoma City due to:
    ▪ Lack of awareness of services available locally
    ▪ Patient perception that “bigger is better”
    ▪ Pending retirements
    ▪ Long wait times to see local providers
    ▪ Lack of in-network providers
  – Specialties mentioned as needed due to limited depth, insurance barriers and/or succession planning needs include:
    ▪ Neurology
    ▪ Dermatology
    ▪ Cardiology
    ▪ Endocrinology
  – Disproportionate challenge in seeking specialty care for un/underinsured patients
  – Increasing number of local providers unable to prescribe pain medications

• Needs:
  – Continued recruitment efforts for specialty care providers
  – Greater number of local specialty care options for all payer types
  – Emphasis on availability of local specialty care services for patients

“People are leaving because we need more marketing. We need to do a better job of expressing what our options are.”

“People are still going down to Dallas or Oklahoma City for orthopedics. The stigma is you have to go to DFW or Oklahoma City to get those big name people.”

“Neurology and dermatology are huge problems here. Dermatology has always been a challenge here and I’m afraid a big one will retire soon.”

“Once you get to the specialists office, they’re not good about being on time and they’re inundated with people. It’s a chore to go see a specialist.”

“Our HMO network is lacking when it comes to neurology, dermatology and endocrinology. People leave for cardiovascular, orthopedic, urology services…”

“People leave for cardiovascular surgery, neurosurgery. There’s still a need for another endo because of the amount of diabetics we have. The community has one oncology practice and a few of those providers are getting ready to retire.”

“We have difficulty getting unfunded or underfunded patients into specialty care. An unfunded patient is required to come up with a $200 copay when they get to the office, and they’re turned away if they can’t pay that.”

“Cardiologists don’t take Medicaid. There’s only two endocrinologists and the other one is retiring. Neither take Medicaid.”

“We have a significant issue with pulmonology, both in that they’re very busy and that they want several hundred dollars just to see a patient for a regular visit. That’s very difficult for unfunded and underfunded patients.”

“People have to go out of town to get pain medications because some docs here lost their DEA license. We have had quite a few of those lately.”
Access to Mental & Behavioral Health Care

• **Issues:**
  – Disproportionate challenge in seeking care, long wait times for un/underinsured patients
  – Lack of substance abuse treatment facilities, outmigration of un/underinsured patients to Abilene for care
  – Overuse of the ER by mental/behavioral health-related patients
  – Concern surrounding unmet needs, including:
    ▪ Bipolar
    ▪ Schizophrenia
    ▪ Depression
    ▪ Suicidal ideations
  – Stigma associated with seeking mental and behavioral health care
  – Increasing number of patients on multiple prescriptions from different prescribers
  – Lack of bilingual providers in the community

• **Needs:**
  – Increased access to local mental and behavioral health services for un/underinsured and bilingual patients
  – Increased emphasis on need for primary prevention for mental and behavioral health
  – Promotion and generation of substance abuse programs and services
  – Efforts to reduce stigma associated with seeking care

“We’ve always had suicide as a watch list item, mental health is a real issue here.”

“For patients who are funded and have insurance, access is good. It’s for the un/underinsured, they have to go and sit at the office for multiple days and wait their turn. And so they give up and can’t afford it, can’t miss work, those kinds of things. So it’s not very accessible to the unfunded/underfunded population.”

“We’re limited on resources for drug/alcohol counseling. Many people dealing with that have to go to Abilene if they’re unfunded and don’t have insurance to pay.”

“Mental health is tricky. You have a lot of frequent flyers in the ER that are dealing with mental health issues.”

“We see a lot of unaddressed mental health issues and substance abuse...so we see a lot of bipolar, schizophrenia, those kinds of things.”

“There is a stigma associated with accessing services. It’s hard to get people to acknowledge that they have a problem to seek care.”

“There’s several elderly that do have health issues with depression and suicidal drinking, but because of the stigma they don’t want it known.”

“Folks are on multiple prescribed medications. They may be on pain medication, anti-anxiety medication, and it’s all from different prescribers. There’s a lot of accidental multiple drug causes of death.”

“...we have one Spanish speaking counselor in Wichita County, but there’s no one else here that speaks Spanish.”

Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.
Community Education & Preventive Care

Healthy Lifestyle Management

• **Issues:**
  – High rates of obesity and associated chronic conditions, including hypertension and diabetes
  – Limited healthy lifestyle education confounded by lack of desire to participate in behavior change, preventive care
  – Concern surround trending diets
  – Significant tobacco use
  – Challenge in understanding cost and complexity of health care system
  – Opportunity for physicians to educate patients on available community resources based on individualized needs

• **Needs:**
  – Targeted healthy lifestyle education towards underserved populations
  – Emphasis on the importance of physical activity, nutritious diet, preventive care
  – Education provided via physician office regarding community resources available for individualized patient needs

“The three top health needs can all be tied to obesity when you look at the chronic diseases related to that. Hypertension, diabetes...those are tied to the overweight and the issues that we have with our obese population.”

“There’s a lack of education, but there’s also a lack of desire to change. There’s a lack of the beginning phase of prevention rather than caring after it happens.”

“We need general education for all ages about healthy eating, exercise, less screen time...there’s not a lot of information on how to stay healthy here.”

“It doesn’t feel like a popular trend in Wichita County is to eat healthier, but eating fatty foods is.”

“Recently, there’s a lot of trend diets – the keto diet, intermittent fasting...those things are very popular and they have health consequences.”

“If there are 5 people walking towards me, 3 people are sucking on a cigarette.”

“The intimidation of cost and complexity of the medical system is a lot for people in this area. There’s also a lack of knowledge for a lot of people in regards to the medical arena.”

“Doctors’ offices need to be educated on programs and different agencies and what they do out in the community whether it’s for medication, utilities, or food. If you’re educated on what programs we have here in the county, then you’re more able to help a person who might not have anyone at home to help them.”

Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.
Community Education & Preventive Care

Access to Healthy Foods

• **Issues:**
  – Growing concern surrounding local food deserts, particularly within the community’s east side
  – Prioritization of rent, utilities forcing residents to forego healthy foods
  – Limited healthy food options within walking distance
  – Transportation barriers in seeking healthy foods leading to purchasing groceries from vendors with less healthy options
  – Disproportionate challenge in accessing healthy food options outside of Wichita Falls

  “The east side needs a lot of access to healthy foods. We need to work on a mobile pantry so people have more access to food specifically in the east part of town.”

  “Food deserts are a big issue here in the community. We have some areas that don’t have access to fruits and vegetables.”

  “Budget and financial obligation to pay rent and bills keep people from getting healthy food. Food is one of those things that gets put on the backburner when bills need to be paid.”

  “We need access to not only health care, but also to healthy foods and grocery stores. We have food deserts and zero places to get healthy food within walking distance, which is a problem because many people don’t have a car.”

  “If they don’t have easy access to transportation or public transportation, and they’re not close enough to walk to a grocery store, then they end up getting their groceries at the corner mart or 711...you don’t get many healthy options there.”

  “We need healthy food. Having access to quality food is really an issue especially for parts of our community that live in a food desert.”

  “The food disparity will continue to be an issue. In Electra, it’s difficult because we don’t have a real grocery store so that causes a problem with people having access to good food they can eat. We have a dollar general and a little convenience store.”

• **Needs:**
  – Promotion and development of healthy food vendors/options in the community
  – Evaluation of mobile pantry access in the east side of the community
  – Advocating of healthy food options in local corner stores for those living in food deserts

Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.
Community Education & Preventive Care

Community Collaboration & Awareness of Existing Resources

• **Issues:**
  – Suggestion regarding shared medical records across the community with the implementation of Epic
  – Lack of transparency regarding health care costs
  – Need for communication and community outreach regarding resources available for residents to use
  – Limited awareness of existing resources, particularly for low income
  – Lack of health literacy and understanding of access points across the continuum of care
  – Confusion surrounding primary care vs. urgent care
  – Limited coordination across community organizations
  – Perception that there is a lack of communication between hospital staff and patient families

• **Needs:**
  – Evaluation of shared medical records across the community
  – Increased communication and outreach efforts to promote local resources and programs, particularly for low income
  – Improved health literacy and education on access points along the continuum of care
  – Focus on continued communication between hospital staff members and patient families

“Sharing of medical records is a thing that can happen, this can be a shared medical record community. That’s a game changer to be able to get everybody to coordinate care and reduce the cost of care.”

“Things have never been more complicated than before because they don’t understand why healthcare costs so much money. There’s such a lack of transparency.”

“It’s the knowledge of understanding the services out there. People don’t know what all the hospital can offer and how the hospital is willing to help them.”

“We need to be helping people understand the services that are provided and how they could be helped financially. People are becoming very tight with their money and they would choose to spend money on something else instead of using it for health care.”

“We need to get the word out to low income residents on what care is available to them.”

“Health care is changing, the way health care is being delivered to the population is changing...health care IQ is at an all-time low. People don’t know how to seek out health care appropriately so they don’t seek out their benefits.”

“When it comes to primary care vs. urgent care, that’s where there may be some confusion as to which would be the best option.”

“There’s enough organizations...how those organizations coordinate and communicate is a challenge and it’s become an even bigger challenge in the last few years. We had a health coalition that brought those people together, but that’s fallen to the wayside.”

“A lot of times, communication between hospital staff and the families is not always there.”
Child & Adolescent Health

**Issues:**
- Growing rate of pediatric obesity, type 2 diabetes
- Challenge in accessing healthy food for children
- Significant concern surrounding contributing factors to poor pulmonary health
- Poor management of chronic conditions
- Higher rates of sexual activity at younger ages, sexually transmitted infections
- Substance use (vaping, synthetic marijuana) and bullying contributing to perceived higher suicide rates
- Lack of adolescents with primary care provider leading to parents taking children to ER for non-emergent issues
- Limited access to affordable dental care services, pediatric specialists

**Needs:**
- Improved access to youth counseling and behavioral health services including substance abuse
- Education on preventive care and healthy lifestyle management for children
- Sex education for youth population regarding abstinence, proper contraception and STI prevention

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“Pediatric obesity is becoming more and more of an issue, and that’s leading to pediatric type 2 diabetes.”

“In certain areas, there’s not access to healthy food sources for children. That can lead to poor health, obesity, and eventually into diabetes.”

“Asthma and allergies are real big here based on our crop producing, ranching community and smoking. We have lots of contributors to poor pulmonary health for kiddos. Kids have to go to Dallas for that.”

“Asthma is the biggest issue, and there are so many students that don’t manage their asthma. They’re not on any medications – just rescue inhalers.”

“Our STD rate here is very high. Teenagers and young adults have become sexually active younger here. We struggle with parents wanting to believe their kids will abstain from sex, but they’re not.”

“Vaping is a big challenge. Kids are able to walk into school with something that looks like a flash drive and go into the bathroom and vape.”

“The suicide rate is rising and the age of children committing suicide is getting younger and younger. Kids are experimenting with different kinds of drugs, especially synthetic marijuana. There is also bullying in schools.”

“For a lot of kiddos...when they’re sick, their parents take them to the ER rather than go to a walk in clinic because a lot of them don’t have PCPs.”

“Dental care is limited for children unless you can pay for it. It’s impossible to find teeth cleanings for kids.”

“We don’t have pediatric specialists here...people leave and go to the Metroplex. Sometimes that’s hard on families to have to go to that area.”

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Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.

United Regional Health Care System Community Health Needs Assessment and Implementation Plan

Community Hospital Consulting
Aging Population

• **Issues:**
  - Growing aging population in the community
  - Concerns in aging process, including:
    - Affording health care services
    - Transportation barriers
    - Nutritious diet
    - Access to healthy foods
  - Limited number of primary care providers accepting Medicare, Medicaid patients
  - Lack of affordable medications leading to choice between rent, food, health care
  - Increasing need for affordable, safe housing options for seniors
  - Difficulty understanding and navigating the health care system
  - Perception there is limited advanced care planning and education

• **Needs:**
  - Increased access to local, affordable services
  - Emphasis on the transportation needs to/from health care appointments
  - Assistance in navigating the health care system
  - Focused education and promotion of advanced care planning

“We need older adult health care. We have a large population of people who do not have great insurance and so they do not take great care of themselves.”

“...we have an aging population and that puts additional strains on health care providers. We're not growing but we are changing.”

“For seniors, the predominant problems are whether or not they can afford health care, can they get to health care throughout the community, can they get proper nutrition, can they get food to their home and get quality calories.”

“Transportation is a huge issue for seniors. People who are homebound don't always have access to transportation to get to doctors' appointments.”

“For seniors, access to primary care is huge...one of the biggest is the lack of doctors in Wichita Falls who are primary care and accept Medicare or Medicaid.”

“There is a concern with [seniors] being able to afford their medications. There’s patients that have to cut down on groceries to pay for their medications. They can’t afford medications because they have to pay rent and buy food.”

“The safe housing for elderly patients is a challenge because of cost and not having the means to go to assisted living when the time is right.”

“Seniors have health literacy issues and are not able to navigate and understand our healthcare system. Another major issue we have is extremely delayed conversations about advanced care planning.”

“We need to help people understand end of life and chronic disease better. That way, when it comes to that time, patients are more accepting and less likely to spend their last days in the hospital.”
Interviewees expressed concern surrounding health disparities disproportionately affecting specific populations, including:

- **Homeless**
  - Mental and behavioral health care needs
  - Increasing need for shelter options for pets
  - Lack of follow up care
  - Overuse of the Emergency Room

- **Low Income**
  - Long wait times for appointments
  - Overuse of the Emergency Room

- **Pediatric**
  - Limited access to local specialty care
  - Lack of pediatric home health options
  - Few resources for developmentally-delayed children

- **Teens/Adolescents**
  - Dental care for mental retardation, autism
  - Obesity, lack of access to healthy foods
  - Vaping, synthetic marijuana use
  - Teen pregnancy
  - Impact of adverse health events during childhood
  - Increasing rates of autoimmune diseases (arthritis)
  - Lack of access to contraceptives

- **Racial/Ethnic**
  - Language barriers (Hispanic)
  - Limited number of bilingual mental and behavioral health care providers

- **Veterans**
  - Frustration with VA system
  - Transportation barriers
  - Lack of local preventive care options
  - Stigma associated with seeking care for mental and behavioral health care issues
  - Need for social work assistance
  - Increasing number of homeless veterans

- **Elderly**
  - Transportation barriers
  - Need for Community Paramedicine Program
  - Lack of health literacy
  - Limited number of primary care providers accepting Medicare, Medicaid
  - Lack of affordable, safe housing options
  - Limited understanding of advanced care planning

Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.
INPUT REGARDING THE HOSPITAL’S PREVIOUS CHNA
Consideration of Previous Input

- IRS Final Regulations require a hospital facility to consider written comments received on the hospital facility’s most recently conducted CHNA and most recently adopted Implementation Strategy in the CHNA process.
- The hospital made every effort to solicit feedback from the community by providing a feedback mechanism on the hospital’s website. However, at the time of this publication, written feedback has not been received on the hospital’s most recently conducted CHNA and Implementation Strategy.
- To provide input on this CHNA please see details at the end of this report or respond directly to the hospital online at the site of this download.
EVALUATION OF HOSPITAL’S IMPACT
Evaluation of Hospital’s Impact

• IRS Final Regulations require a hospital facility to conduct an evaluation of the impact of any actions that were taken, since the hospital facility finished conducting its immediately preceding CHNA, to address the significant health needs identified in the hospital’s prior CHNA.

• This section includes activities completed based on the 2017 to 2019 Implementation Plan.
## Priority 1: Need for Additional Primary Care and Specialty Providers

<table>
<thead>
<tr>
<th>Activity</th>
<th>Impact &amp; Evaluation:</th>
<th>Current Status</th>
<th>Person(s) Responsible</th>
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</table>
| 1.A. United Regional will continue to recruit and employ additional physicians to the community, as well as physicians employed by the United Regional Physician Group (URPG) that accept patients from all payer sources (including TriCare, Medicare, Medicaid, CHIP, etc.). | **Recruited, 2017**  
Allan Coleman, Trauma Surgeon  
Vanya Wagler, Rheumatology  
Niangui Wang, Neurology  
Deacon Vice, ED  
Olasupo Olagundoye, FP  
Lee Kern, Neurosurgery  
Robin Qubty, Hospitalist  
Julie Thomas, OB/ Hospitalist  
Audrey Puentes, OB/ Hospitalist  
Miguel Cintro, OB/ Hospitalist  
Gaynelle Rollings, OB/ Hospitalist  
Olufemi Lawal, Pulm (Starts in 2018)  
Olawunmi Lawal, IM (Starts in 2018)  
Kimberly Bourne, Endo (Starts in 2018)  
Chris Ellington, CVT (Starts in 2018)  
Shaila Shanchita, FP (Starts in 2018)  
Eric Jackson, ED (Starts in 2018)  
Nic Thompson, ED (Starts 2018)  
Gilbert Ojong, Hospitalist (Starts in 2018)  
Ven Achanta, Hospitalist (Starts in 2018)  
Anil Nalubotula, Hospitalist (Starts in 2018)  
Aparna Rao-Sunkari, Hospitalist (Starts in 2018)  
Amar Sunkari, Hospitalist (Starts in 2018)  
Ankit Patel, Hospitalist (Starts in 2018)  
Alex Moshtagh, FP (Starts in 2019) | Green | Vicki Finnell |
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<th>Year</th>
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<td><strong>Recruited, 2018</strong></td>
<td>Anas Alhomsi, Hospitalist</td>
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<td>Maxine Lingurar, OB/Gyn</td>
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<tr>
<td></td>
<td>Kevin Bedford, OB/Gyn (Starts in 2019)</td>
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<td>Paul Morrison, Urology (Starts in 2019)</td>
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<td></td>
<td>Jason Hoffman, Ortho (Starts in 2020)</td>
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<td>Daniel Jeffcoat, FP (Starts in 2020)</td>
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<td>Brian Stroud, Hospitalist (Starts in 2019)</td>
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<td>Robert Harbolovic, FP (Starts in 2021)</td>
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<td></td>
<td>Chris Godwin, FP</td>
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</tr>
<tr>
<td></td>
<td>Talha Ramzan, FP (Starts in 2021)</td>
<td></td>
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<tr>
<td></td>
<td>Hollie Rose, OB/GYN (Starts in 2019)</td>
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</tr>
<tr>
<td></td>
<td>Robert Funk, Neurosurgery (Starts in 2019)</td>
<td></td>
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<tr>
<td><strong>Recruited, 2019</strong></td>
<td>Jason Hoffman, Ortho (Attending Fellowship /Starts in 2021)</td>
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<tr>
<td></td>
<td>Kyle Howard, Pediatrics</td>
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<td></td>
<td>Mark Phalen, Ophthalmology</td>
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<td></td>
<td>Mohammed Ramadan, Urology</td>
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<td></td>
<td>Michael Henderson, Family Medicine</td>
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<td>Dawncheerie Walker, Hospitalist</td>
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<td>Valmy Ngomba, Hospitalist</td>
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<td></td>
<td>Jamaan Kenner, OB/Gyn</td>
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<tr>
<td></td>
<td>Rabi Khan, Neurology</td>
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## 1.B. United Regional will continue to expand specialty care capacity by recruiting physicians in such specialties as orthopedics, urology, trauma surgery, dermatology, and others as outlined in its Physician Needs Assessment, which will be updated periodically to ensure continuous reflection of community need.

| Recruited, 2017 | Allan Coleman, Trauma Surgeon  
| Vanya Wagler, Rheumatology  
| Niangui Wang, Neurology  
| Deacon Vice, ER  
| Olasupo Olagundoye, FP  
| Lee Kern, Neurosurgery  
| Olufemi Lawal, Pulm (Starts in 2018)  
| Olawunmi Lawal, IM (Starts in 2018)  
| Kimberly Bourne, Endo (Starts in 2018)  
| Chris Ellington, CVT (Starts in 2018)  
| Shaila Sanchita, FP (Starts in 2018)  
| Eric Jackson, ER (Starts in 2018)  
| Alex Moshtaghi, FP (Starts in 2019) |

| Recruited earlier, but started in 2017 | Paul Benson, Urology  
| Ron Andari, GI  
| Darpan Kumar, EP  
| Josh Stagg, GI  
| Kent Russell, FP  
| Raj Rai, Pediatrics |

| Recruited, 2018 | Glory Zhu, ER  
| Eddy Walker, Ortho |
Maxine Lingurar, OB/Gyn  
Kevin Bedford, OB/Gyn (Starts in 2019)  
Paul Morrison, Urology (Starts in 2019)  
Rebecca Poole, CNT recruited an OB/Gyn  
Jason Hoffman, Ortho (Starts in 2020)  
Robert Schwalm, Pediatrics (Starts in 2019)  
Linda Rodrigue, OB/ Hospitalist  
Cosmin Dobrescu, CVT (Starts in 2019)  
Hollie Rose, OB/GYN (Starts in 2019)  
Robert Funk, Neurosurgery (Starts in 2019)  

**Recruited, 2019**  
Jason Hoffman, Ortho *(Attending Fellowship /Starts in 2021)*  
Kyle Howard, Pediatrics  
Derick Sager, Anesthesia  
Mark Phalen, Ophthalmology  
Mohammed Ramadan, Urology  
Michael Henderson, Family Medicine  
Jamaan Kenner, OB/Gyn  
Rabi Khan, Neurology  
Kyra Crenshaw, Family Medicine  
Chukwud Obiagwu, Interventional Cardiologist  
Robert Dillard, ER  
Terrell Bibb, ENT (Starts in 2021)  
Christian Moncrief, CVT  

1.C. United Regional will continue to increase awareness of its service offerings in the community through billboard, direct mail, and print advertisements, as well as social media outlets and updating the hospital’s website.

United Regional continues to educate and promote the community through billboards, print ads in the TRN, SSA newspapers, Wichita Falls Living magazine, area high school football programs, direct mail of new physicians and procedures/services offered and website and Facebook updates.

2019 - Facebook and Google ads were added to the advertising mix.
<table>
<thead>
<tr>
<th>1.D. United Regional will continue to participate in the Health Coalition of Wichita County’s initiatives to ensure availability of and access to the number and types of healthcare providers necessary to meet the needs of the community, including the Coalition’s efforts to:</th>
<th>United Regional completed its physicians’ needs assessment in the summer of 2017 and has developed a recruitment plan to help ensure that our community has an adequate number of physicians and specialties to serve the needs of our region. The recruitment plan was implemented in 2017 and will continue into 2018, and focuses on prioritized physician specialties. (no additions – it just continues to be implemented)</th>
<th>Nancy Townley</th>
</tr>
</thead>
<tbody>
<tr>
<td>▪ Complete a needs assessment that determines the numbers and types of providers needed, as well as access issues.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>▪ Develop an approach for recruitment activities among various health services providers.</td>
<td></td>
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<tr>
<td>1.E. United Regional will continue to coordinate its Community Partners Group which is comprised of individuals representing healthcare providers including, but not limited to, nursing homes, home health, DME, SNF &amp; rehab facilities, hospice, retirement centers, hospitals, EMS, etc. United Regional staff from social services, supportive care, Heart Failure Clinic, quality and safety, information technology, admitting, and other departments participate as needed. The overall purpose of the group is to help ensure smooth transitions of patients between and among various health care entities within the community, providing appropriate care and communication throughout the care continuum.</td>
<td>2017 January 19 – Chronic Disease Management Resources Approximately 56 attendees Discussion topics included: What is Community Partners, 2016 Initiative Highlights, Review of 2016 Needs Assessment &amp; 2017 Initiatives, Overview of Chronic Disease Management Programs &amp; Resources February 23 – Wichita Falls – Wichita County Public Health District Approximately 55 attendees Discussion topics included: Community Health Assessment &amp; Improvement Plan, Health Coalition of Wichita County Activities &amp; Initiatives. March 23 – Community Assistance &amp; Resources Approximately 40 attendees Discussion topics focused on local and regional non-profit organizations that offered programs and services available to help individuals with socioeconomic and medical needs in the community setting. Programs highlighted include Christmas In Action, Rolling Plains Management Corporation, and 2-1-1 North Texas and United Way. April 13 – Quality Performance &amp; Process Improvement</td>
<td>Michelle Nelson</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
<td></td>
</tr>
<tr>
<td>------</td>
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| June 29 | Sepsis Prevention, Treatment, & Recovery – Part 1  
Approximately 55 attendees  
Discussion topics include defining the difference between Systemic Inflammatory Response Syndrome (SIRS), Sepsis, and Shock, recognizing early symptoms of SIRS, and identifying appropriate pre-hospital treatment and indicators for hospitalization. |
| July 20 | Sepsis Prevention, Treatment, & Recovery – Part 2  
Approximately 25 attendees  
Discussion topics include evaluating the need for end-of-life and/or palliative care in patients with severe sepsis  
Outline complications and co-morbidities in sepsis patients  
Describe appropriate post-acute care for sepsis patients |
| April 19, 2018 | Home Health Quality Metrics & Regulatory Up-Dates  
Speaker: Kristi Curd  
Approximately 14 attendees |
| May 30 | Skilled Nursing Facility Quality Metrics, Regulatory  
Speaker: Amanda Minniear & Michelle Nelson  
Up-Dates, and Advance Directives  
Approximately 35 attendees |
<p>| June 28 | Wichita Falls County Public Health District |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Speaker(s)</th>
<th>Attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 16</td>
<td>NAMI of Wichita Falls: Presentation about Mental Health</td>
<td>Jessica Cartwright, Executive Director</td>
<td>Approximately 62 attendees</td>
</tr>
<tr>
<td>October 18</td>
<td>Sepsis Symptom Awareness</td>
<td>Jennifer Wilson, RN, BSN &amp; Crysta Barker RN, CWCA</td>
<td>Approximately 45 attendees</td>
</tr>
<tr>
<td>December 20</td>
<td>Skilled Nursing Facility Focus Groups</td>
<td>Jessica A. Sanchez, Dori Dockery, Zach Kast, and Michelle Nelson</td>
<td>Approximately 61 attendees</td>
</tr>
<tr>
<td>2019 (Jan-Sept)</td>
<td>Antimicrobial Stewardship: Background, Goals, Interventions, and Implications</td>
<td>Rachel Reitan, FNP-C, MSNeD, CWS</td>
<td>37 Attendees</td>
</tr>
<tr>
<td>3/26/2019</td>
<td>Expert Panel Discussion: Perspectives on Current Healthcare Quality Topics</td>
<td></td>
<td>84 Attendees</td>
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<tr>
<td>6/27/2019</td>
<td>Brain Development and the Effects of Adverse Childhood Experiences</td>
<td>Beth Maywald</td>
<td>56 Attendees</td>
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</table>
The Physician Leadership Academy was expanded into the Leadership Academy to include not only physicians but hospital leaders. We held three (3) sessions in 2017, focusing on the following topics:

- Physician Market Intensive: reviewing the current state of health care and key implications for physicians and leaders.
- Leveraging Your Leadership Profile: gaining a better understanding of leadership tendencies and how to leverage them effectively
- Influencing Through Effective Communication: Identify communication strategies based on audience and situation

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Speakers</th>
<th>Attendees</th>
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<tr>
<td>7/25/19</td>
<td>The Ins and Outs of Inpatient DNR and Out of Hospital DNR (OOHDNR) Forms</td>
<td>Lindsey Shelley, Zach Kast, Kristi Curd</td>
<td>86</td>
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<tr>
<td>8/22/19</td>
<td>Unpacking Food Insecurity</td>
<td>Wichita Falls Area Food Bank-Emily Kincaid, Meals on Wheels-Pamela Hughes and Catholic Charities-Eric Klement</td>
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<tr>
<td>10/21/19</td>
<td>Knee/Hip Joint Replacement</td>
<td>Travis Newberry PT, DPT, MBA, CWS-Director of Rehabilitation and Wound Care Services, Heather Cobb RN, BSN-Clinical Nurse Manager, Orthopedics and Spinal Surgery</td>
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<tr>
<td>11/15/19</td>
<td>Palliative Care: It’s Not Just for End-of-Life</td>
<td>Dr. Praveen Reddy, Director of Palliative Care United Regional</td>
<td>98</td>
</tr>
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</table>

1.F. United Regional will continue to plan the reinstatement of the Physician Leadership Academy to educate and train the community's leaders of tomorrow. The curriculum is designed to help prepare physicians' leaders to serve as effective members or officers of the medical staff and medical staff committees, medical directors, leaders of group practices, practice associations, and medical societies, quality improvement champions, and/or physician executives.
We had a total of 38 participants – 23 physicians, and 15 non-physician leaders

**2018**

Between January 1 – June 30, 2018, we held two (2) sessions focusing on the following topics:

- Leading Through Vision: Understanding the role that a clear vision plays in successfully leading a team and examining strategies for aligning culture to support vision.
- Facilitating Effective Teamwork: Understanding the components of constructive teamwork, learning to diagnose team dynamics, and using strategies to correct team dysfunction.

We had a total of 40 participants – 23 physicians, and 17 non-physician leaders

Between July 1, 2018 – December 31, 2018, we held two (2) sessions focusing on the following topics:

- What Patients Want: Understanding the different drivers of physician selection and loyalty, pinpointing the organization’s biggest opportunities to become more consumer-oriented.
- Instilling Accountability: Diagnosing personal and organizational barriers to achievement; ensuring your team is enabled, capable, and invested in achieving a desired and shared objective.

We had a total of 38 participants – 21 physicians, and 17 non-physician leaders

The final session was completed on November 29, 2018. At this time, the program has not been reinstated.
| 1.G. United Regional will continue to serve as the inpatient clinic site for the family medicine residency program. The program is in conjunction with the Community Healthcare Center and the University of North Texas medical school. | United Regional continues to serve as the inpatient clinic site for the family medicine residency program. Additional, the residents have begun their rotation in OB. In April 2018, the North Central Texas Medical Foundation (NCTMF), which sponsors the Wichita Falls Family Medicine and the Community Health Care Center, cancelled their contract, which automatically cancelled United Regional’s agreement to provide the inpatient clinic site. United Regional assisted the current and incoming residents in finding placements and provided monetary resources to assist in their relocations. | Phyllis Cowling |
| 1.H. United Regional will continue to offer the Future in the Falls program that stays in contact with medical students, interns, and residents from the Wichita Falls area to encourage them to return to practice in Wichita Falls once they graduate from residency. The program provides stipends and shadowing of specialists to assist with their education. | Number of students in the program as of December 31, 2017 : 48 Number of students in the program as of June 30, 2018: 41 as well as 14 students that are in our Future in the Falls (High School Track) 2018: Number of students in the program as of December 31, 2018 : 45 2019: Number of students in the program as of December 31, 2019: 63 | Vicki Finnell Natalie Stary |
| 1.I. United Regional will continue to serve as a teaching facility for LVN, RN, respiratory therapist, radiology technician and laboratory technician students. | 2017:  
Spring Semester - 529 students  
MSU BSN students – 185  
Vernon College ADN students – 158  
EMT students – 89  
LVN students – 33  
Surgical Technician students – 14  
Athletic Training students – 13  
Respiratory Therapy Students – 8  
Nurse Practitioner students – 7  
Medical Assistant students – 5  
Laboratory (July 2016-2017) - 4 | Tom Clarkin Andrea Anderle Darrin French Steve Sims |
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<th>Semester</th>
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<td>Nurse Anesthetist students</td>
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January 1, 2017 – December 31, 2019
United Regional Health Care System
CHNA Implementation Plan
Status Report

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**2019:**

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<tr>
<td>Radiology Students</td>
<td>17</td>
</tr>
<tr>
<td>CRNA students</td>
<td>2</td>
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<tr>
<td>Medical Lab assistant students</td>
<td>5</td>
</tr>
</tbody>
</table>

**Summer Semester – 134 students**
- MSU BSN students – 20
- Advanced EMT students – 5
- EMT students – 2
- Laboratory -4 students July 2019-2020
- LVN students – 63
- Nurse Practitioner – 9
- Physician Assistant – 4
- Radiology Students – 8
- Occupational Therapy – 1
- Physical Therapy Assistant – 2
- CRNA students – 2
- Medical Student – 1
- Cardiopulmonary Rehab extern – 1
- Surgical Technician students – 12

**Fall Semester – 549 students**
- Radiology Students – 11
- MSU BSN students – 177
- Vernon College ADN – 190
- EMT students – 38
- LVN students – 53
- Surgical Technician students – 15
- Respiratory Therapy – 5
- Nurse Practitioner students – 7
- Physician Assistant – 4
January 1, 2017 – December 31, 2019
United Regional Health Care System
CHNA Implementation Plan
Status Report

Medical Assistant students – 6
Radiology Students – 19
CRNA students – 5
Health Informatics – 2
EEG technician student – 1
Certified Nurse Midwife student – 1
Physician Therapy student – 3
Dietitian student – 1
Pharmacy tech students – 11

1.J. Members of the Clinical Education Team will continue to provide continuing nursing education to employees, community nurses and emergency response personnel from the local and rural communities.

2017
Name of Class - # of Attendees
- Advanced Cardiac Life Support (ACLS) – 102
- Bereavement Support Training – 18
- Breastfeeding Educator Workshop Part I – 20
- Breastfeeding Educator Workshop Part II – 20
- Crisis Prevention Intervention (CPI) – 269
- Charge Nurse Development (Assertive Communication) – 187
- Diabetic Foot Ulcers - 20
- ECMO provider course – 17
- Ethical Dilemmas – 70
- Electronic Fetal Monitoring, rising to the expert level – 26
- Heart Failure: What’s it all about? – 4
- Mental Health First Aid – 37
- NTRAC Trauma Acute Care – 37
- Ostomy Care & Pouching Techniques - 6
- PALS (Pediatric Advanced Life Support) -50
- Perinatal Orientation & Education Programs:
  o Physiologic and Psychosocial adaptation to pregnancy – 13
  o The Process of Labor & Birth – 7
  o Complications of Pregnancy – 11
  o Perinatal Safety and risk management module 9 – 14
  o Postpartum assessment and nursing care – 4
Newborn assessment and Care – 10
- Neonatal Complications – 14
- Preceptor Training – 47
- Pressure Injuries & Pressure Injury Prevention – 16
- Resolve Through Sharing - 10
- Sepsis Prevention, treatment & recovery - 45
- STABLE – 45
- Trauma Care Review – 49
- Trauma Acute Care Conference – 76
- Understanding Pressure Ulcers – 16
- Wound Healing and Management – 7

<table>
<thead>
<tr>
<th>2018</th>
<th>Name of Class - # of Attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Advanced Cardiac Life Support (ACLS) – 82</td>
</tr>
<tr>
<td></td>
<td>Advanced Cardiac Life Support – Renewal - 20 attendees</td>
</tr>
<tr>
<td></td>
<td>Advanced Cardiac Life Support 2-Day Provider - 17 attendees</td>
</tr>
<tr>
<td></td>
<td>BLS for Healthcare Providers - 4 attendees</td>
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<tr>
<td></td>
<td>Basic Arrhythmia - 3 attendees</td>
</tr>
<tr>
<td></td>
<td>Heartcode BLS - 1 attendee</td>
</tr>
<tr>
<td></td>
<td>Neonatal Resuscitation-Megacode Check-Off - 11 attendees</td>
</tr>
<tr>
<td></td>
<td>Pediatric Advanced Life Support – Renewal - 4 attendees</td>
</tr>
<tr>
<td></td>
<td>Pediatric Advanced Life Support-Basic - 3 attendees</td>
</tr>
<tr>
<td></td>
<td>Joint Camp – 630 attendees</td>
</tr>
<tr>
<td></td>
<td>Arterial Ulcers - 32</td>
</tr>
<tr>
<td></td>
<td>Bereavement Support Training – 2</td>
</tr>
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<td></td>
<td>Breastfeeding Educator Workshop Part I – 5</td>
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<td></td>
<td>Breastfeeding Educator Workshop Part II – 5</td>
</tr>
<tr>
<td></td>
<td>Crisis Prevention Intervention (CPI) – 74</td>
</tr>
</tbody>
</table>
- Charge Nurse Development (Change Leadership) – 139
- Methadone Pain Management – 21
- Neonatal Abstinence Syndrome – 50
- Moist Wound Healing and Skin Tears - 13
- PALS (Pediatric Advanced Life Support) -27
- Neonatal Complications – 7
- Preceptor Training – 47
- Pressure Injuries & Pressure Injury Prevention – 16
- Resolve Through Sharing – 5
- STABLE – 36
- Physiologic and Psychosocial adaptation to pregnancy – 6
  --The Process of Labor & Birth – 6
  --Complications of Pregnancy – 7
  --Perinatal Safety& Risk management module 9 – 7
  --Postpartum assessment and nursing care – 7
  --Newborn assessment and Care – 7

### 2019

<table>
<thead>
<tr>
<th>Name of Class - # of Attendees</th>
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<tbody>
<tr>
<td>Advanced Cardiac Life Support (ACLS) – 76</td>
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<tr>
<td>Advanced Therapies for Heart Failure - 34</td>
</tr>
<tr>
<td>BLS for Healthcare Providers - 13 attendees</td>
</tr>
<tr>
<td>Heartcode BLS - 19 attendee</td>
</tr>
<tr>
<td>Neonatal Resuscitation -Megacode Check-Off - 9 attendees</td>
</tr>
<tr>
<td>Palliative Care: It’s not just for end-of-life - 25</td>
</tr>
<tr>
<td>Pediatric Advanced Life Support – Renewal - 12 attendees</td>
</tr>
<tr>
<td>Pediatric Advanced Life Support-Basic - 15 attendees</td>
</tr>
<tr>
<td>Preceptor Workshop - 15</td>
</tr>
<tr>
<td>Antimicrobial Stewardship - 10</td>
</tr>
</tbody>
</table>
### CHNA Implementation Plan

#### Status Report

<table>
<thead>
<tr>
<th>Event</th>
<th>Participants</th>
</tr>
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<tbody>
<tr>
<td>Emergency Medical Services Conference - 108</td>
<td>Maria Avalos</td>
</tr>
<tr>
<td>Bereavement Support Training – 2</td>
<td></td>
</tr>
<tr>
<td>Pregnancy loss sensitivity training - 7</td>
<td></td>
</tr>
<tr>
<td>STABLE – 51</td>
<td></td>
</tr>
<tr>
<td>Trauma Acute Care Conference - 43</td>
<td></td>
</tr>
<tr>
<td>POEP (Perinatal Orientation and Education Program)</td>
<td></td>
</tr>
<tr>
<td>- Physiologic and Psychosocial adaptation to pregnancy – 17</td>
<td></td>
</tr>
<tr>
<td>- Perinatal Safety &amp; Risk management – 16</td>
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</tr>
<tr>
<td>- Postpartum assessment and nursing care – 16</td>
<td></td>
</tr>
<tr>
<td>- Newborn assessment and Care – 7</td>
<td></td>
</tr>
<tr>
<td>NOEP (Neonatal Orientation and Education Program)</td>
<td>Phyllis Cowling</td>
</tr>
<tr>
<td>- Transition to extrauterine life – 4</td>
<td>Nancy Townley</td>
</tr>
<tr>
<td>- Newborn skin care/developmental care/pain mgmt. – 4</td>
<td></td>
</tr>
<tr>
<td>- The respiratory System – 4</td>
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<td>- The Cardiovascular system/late preterm infant – 4</td>
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<td>- Metabolic and nutrition support/Renal/Endocrine – 4</td>
<td></td>
</tr>
<tr>
<td>- The gastrointestinal system/neurological system - 4</td>
<td></td>
</tr>
</tbody>
</table>

1.K. Via its employed physician group, United Regional will continue to operate a primary care walk-in clinic, CarePlus, which is staffed by its employed primary care providers (physicians and advanced practitioners). CarePlus is now open extended weekday hours and weekend hours.

2017 Total visits: 17,492
2018 Total visits: 19,885
2019 Total visits: 24,451

1.L. United Regional will continue to explore partnerships with rural communities/hospitals to improve access to primary care and wellness care.

United Regional hosts quarterly meetings with the rural hospital administrators. Opportunities for collaboration are discussed.

- Maria Avalos
- Phyllis Cowling
- Nancy Townley
1.M. United Regional will continue to offer Palliative Care/Supportive Care services, designed to focus on relief of pain, stress and other debilitating symptoms of serious illness. The goal is to relieve suffering and provide the best possible quality of life for patients and their families.

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of patients seen by the Palliative Care team:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>3,543</td>
</tr>
<tr>
<td>2018</td>
<td>2,541</td>
</tr>
<tr>
<td>2019</td>
<td>2,913</td>
</tr>
</tbody>
</table>

United Regional expanded Palliative Care services to clinic-based settings at URPG & Texas Oncology in August 2019 with 56 scheduled appointments through 12/31/2019

1.N. United Regional will continue to provide a list of referral services for patients who come through the hospital or Emergency Department requiring specialty care services.

See “Community Resource List” section in the full report.

1.O. United Regional will continue to provide a Language Line to provide translation and interpretation services, on an as needed basis.

**Process for using the Language Line**

**Identifying The Patient’s Language**
Ask the patient directly, utilize the Language Identification Chart or call a CyraCom Client Services representative.

**Accessing a Medical Interpreter**

Dual-handset phones are specifically designed for medical interpretation. Our phones enable natural and continuous face-to-face communication to provide the best possible care for LEP patients.

Using Any Phone:
- Dial 800-481-3293 to access the interpretation service
- When prompted, enter your 9-digit account number, 501017990

Michelle Nelson
Kristi Curd
Steve Bryan
| 1.P. United Regional will continue to provide an internet based web-cam access to certified interpreters for our hearing impaired patients on an as needed basis. This web cam based sign language service is available 24/7 anywhere in the hospital through our wireless network. | Martti: My Accessible Real-Time Trusted Interpreter
For limited English proficient and deaf and hard-of-hearing patients, Martti is completely self-contained, completely mobile, and completely wireless and can go anywhere in the hospital. At the push of a button, a team of qualified, HIPAA trained interpreters, in more than 200 languages, is available 24/7.

The six Martti units are located throughout the hospital:
• ED – Discharge Call Office
• Med Surge – 6C Storage Room
• Critical Care – 7W Med Room
• Bridwell 3rd floor – Pre-Op Clean Utility Room
• Bridwell 4th floor – Antepartum Triage Med Room
• URPG Barnett – Family Practice

Staff signs the equipment in and out.
For questions or additional training needs, they contact:

Patient Relations, X3685
URPG Charity Gilmore, RN X5254 | Nursing |
**Priority 2: Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Impact &amp; Evaluation:</th>
<th>Current Status</th>
<th>Person(s) Responsible:</th>
</tr>
</thead>
</table>
| **2.A. United Regional will continue to offer communication vehicles (such as newsletters, email campaigns, media releases, etc.) and free community education seminars to educate the public on various preventive care and healthy lifestyle choices.** | **“Healthy You”, 2017**  
- “Healthy You”, June 2017 (37,087 copies mailed).  
- Topics included: Stroke warning signs and education; vitamin D information; heat exhaustion vs. heat stroke; foot conditions and treatments; and a healthy recipe.  
- “Healthy You”, August 2017 (approx. 37,000 copies mailed).  
- Topics included: urinary tract infections, cholesterol, AFIB, back pain, a healthy recipe, and information on the upcoming Celebrating Women event.  
- “Healthy You”, November 2017 (approx. 37,000 copies mailed).  
- Topics included: avoiding the common cold and flu (with CarePlus info), pancreatic cancer, knee pain, neck pain, diabetes education, headaches and migraines, and a healthy recipe.  
  
**“Healthy You”, 2018**  
- “Healthy You”, May 2018 (approx. 37,000 copies mailed).  
- Topics included: dangers of uncontrolled diabetes, benefits of hormone therapy, overactive bladder treatments, meal planning and prep benefits of robotic surgery, and a healthy recipe.  
- “Healthy You”, August 2018 (approx. 37,000 copies mailed).  
- Topics included: Celebrating Women, COPD, women’s screenings, and diseases in women, arthritis treatments, orthopedic symptoms you can’t ignore, and a healthy recipe. | Green          | Kim Maddin Lynn Wiesen |
“Healthy You”, Fall/Winter 2018 (approx. 37,000 copies mailed).
Topics included: flu vaccine and prevention, advance directives, Hip health/Mako sidebar, Breast Care Program, heartburn/ Linx Sidebar, CarePlus-eCare /PCMH sidebar.

“Healthy You”, 2019
“Healthy You,” May 2019 (approx. 37,000 copies mailed).
Topics included: bleeding control, generic ortho info, genetics/genetics testing, MyChart, men’s health and a healthy recipe.

“Healthy You,” August 2019 (approx. 37,000 copies mailed).
Topics included: elective surgery, pelvic health, common spine problems, choosing your obstetrics experience, and a healthy recipe.

“Healthy You,” November 2019 (approx. 37,000 copies mailed).
Topics included: Gluten-free recipes, healthy family (family medicine), managing stress, surgery for back pain.

Press Releases, 2018:
- Completed Bridwell Center for Emergency Care Opens
- Cowling Chosen as Chair-Elect of Statewide Hospital Association Board
- Physicians Bring Endoscopic Ultrasound to the Community
- Flu and Community Collaboration
- Five Awarded Scholarships from Future in the Falls
- Robotic Assisted Hernia Repair
- Training for Stop The Bleed
- 100 Top Hospitals
- Back Pain Event in Bowie
### Press Releases, 2019
- Drug Takeback Event
- Epic Implementation
- Mobile Pantry
- Stop the Bleed
- Sports Physicals at Burkburnett Clinic
- Barnett Rd Medical Building Expansion

### Community Education, 2017:
- **January 17** – Neuro with Dr. Brandon Ohman in Jacksboro *(18 attendees/6 referrals)*
- **February 7** – Ortho with Dr. Jason Holinbeck in Nocona *(13 attendees/4 referrals)*
- **March 9** – Arthritis with Dr. Erin Shiner *(175 attendees/25 referrals)*
- **March 21** – Neuro with Dr. Brandon Ohman *(155 attendees/16 referrals)*
- **April 4** – Joint Replacement with Dr. Joshua Schacter *(110 attendees/12 referrals)*
- **April 11** – Sinus with Dr. Jed Grisel *(112 attendees)*
- **April 18** – Ortho with Dr. Jason Holinbeck *(142 attendees/15 referrals)*
- **May 9** – Foot Health with Dr. Steven Klumb *(132 attendees/19 referrals)*
- **June 13** – Hand Health with Dr. Dan Babbel *(122 attendees/20 referrals)*
- **August 1** – Non-Operative Neuro in Seymour with Dr. Brandon Ohman *(49 attendees/7 referrals)*
- **September 12** – Urology with Dr. Paul Benson *(138 attendees/18 referrals)*
- **September 19** – Non-Operative Orthopedics in Jacksboro with Dr. Jason Holinbeck *(0 attendees/0 referrals)*
- **October 3** – Non-Operative Neuro in Bowie with Dr. Brandon Ohman *(5 attendees/4 referrals)*
- **October 10** – Heart Rhythm Disorders (Electrophysiology) with Dr. Darpan Kumar *(180 attendees/did not do referrals)*
### November 7 – Non-Operative Orthopedics with Dr. Jason Holinbeck (179 attendees/14 referrals)

#### Community Education, 2018

- **February 20** – Heart Rhythm Disorders ( Electrophysiology) with Dr. Darpan Kumar (*56 attendees/did not do referrals*)
- **March 20** - Joint Replacement with Dr. Joshua Schacter (*144 attendees/12 referrals*)
- **April 24** – New Procedures for Bladder Incontinence with Dr. Paul Benson (*133 attendees/ 7 referrals*)
- **May 15** – Back or Neck Pain with Dr. Brandon Ohman (*148 attendees/ 11 referrals*)
- **May 22** – OUCH! Do Your Feet Hurt with Dr. Steven Klumb (*138 attendees / 8 referrals*)
- **June 26** – Achy, Breaky, Joints with Dr. Michael Sheen, Dr. Edward Walker and Dr. Chandler Harvey (*127 attendees / 9 referrals*)
- **August 7** – Pain Getting Out of Hand? with Dr. Dan Babbel (*115 attendance / 11 referrals*)
- **October 23** – The Alzheimer’s and Dementia Dilemma: Understanding the Disease, How to Care for Loved Ones and for Yourself (*273 attendance / no referrals*)
- **November 13** – Heads Up! with Dr. Jerry Giles, Dr. Cameron Godfrey, and Dr. Jed Grisel (*attendance 168 / no referrals*)

#### Community Education, 2019

- **January 29** - Lose the Weight for Life! with Dr. Chris Finnell (*59 attendance / 16 referrals*)
- **February 12** - Heart Rhythm Disorders with Dr. Darpan Kumar (*attendance 150 / no referrals*)
- **March 19** – Achy, Breaky, Joints? with Dr. Michael Sheen and Dr. Edward Walker (*106 attendance / 7 referrals*)
- **May 21** – Living with Rheumatoid Arthritis with Dr. Vanya Wagler (*138 attendance / 8 referrals*)
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Attendance</th>
<th>Referrals</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 18</td>
<td>Benefits of Continuous Glucose Monitoring in Diabetes with Dr. Kimberly Bourne</td>
<td>99</td>
<td>10</td>
</tr>
<tr>
<td>July 30</td>
<td>Real Talk for Women with Dr. Thien Tran</td>
<td>101</td>
<td>7</td>
</tr>
<tr>
<td>September 17</td>
<td>Joint Pain with Dr. Joshua Schacter and Dr. Chandler Harvey</td>
<td>144</td>
<td>14</td>
</tr>
<tr>
<td>October 29</td>
<td>Pain Getting Out of Hand with Dr. Dan Babbel</td>
<td>129</td>
<td>188</td>
</tr>
<tr>
<td>November 12</td>
<td>Neurosurgery topic with Dr. Robert Funk</td>
<td>135</td>
<td></td>
</tr>
<tr>
<td>February 21</td>
<td>Hardening of the Arteries with Dr. Bruce Palmer</td>
<td>321</td>
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<tr>
<td>April 18</td>
<td>Alzheimer’s Disease with Susan Gross</td>
<td>241</td>
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<tr>
<td>June 20</td>
<td>Skin Cancer with Dr. Mamad Bagheri</td>
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<tr>
<td>August 8</td>
<td>Arthritis with Dr. Erin Shiner</td>
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<tr>
<td>October 24</td>
<td>Medicare Supplements with Kelly Fristoe</td>
<td>195</td>
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<tr>
<td>December 19</td>
<td>Heart Rhythm Disorders with Dr. Darpan Kumar</td>
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<tr>
<td>February 20</td>
<td>Hospitalists’ Role in Patient Care with Andre Desire and Dr. Arif Mahmood</td>
<td>192</td>
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<tr>
<td>April 17</td>
<td>Advanced Care Planning: Making Your Wishes Known with Dr. Lee Rodgers</td>
<td>167</td>
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<tr>
<td>June 19</td>
<td>The ABC’s of Diabetes with Dr. Kimberley Bourne</td>
<td>133</td>
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</tr>
<tr>
<td>August 14</td>
<td>Managing Osteoarthritis with Dr. Vanya Wagler and Risks of Heart Disease with Dr. Siram Sudarshan</td>
<td>166</td>
<td></td>
</tr>
<tr>
<td>October 16</td>
<td>I’ve been discharged – Now What Do I Do with Dr. Brian Hull</td>
<td>227</td>
<td></td>
</tr>
</tbody>
</table>
2.B. United Regional will continue to offer health education classes within the community on a variety of topics, such as CPR, prepared childbirth, smoking cessation, and breast feeding. Please see the hospital's website for cost details.

<table>
<thead>
<tr>
<th>Event Date</th>
<th>Event Title</th>
<th>Attendees</th>
</tr>
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<tbody>
<tr>
<td>December 18</td>
<td>Link Between Hearing Loss and Dementia with Dr. Jed Grisel (233 attendance)</td>
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</tr>
<tr>
<td>55 Advantage 2019</td>
<td>Colorectal Cancer: Prevent It! presented by Dr. Christopher Morrison, Gastroenterologist (210 attendance)</td>
<td></td>
</tr>
<tr>
<td>June 25</td>
<td>“10 Ways to Love Your Brain” presented by Susan Gross, MA, LPC education and family care specialist with the Alzheimer’s Association, North Central Texas Chapter (261 attendance)</td>
<td></td>
</tr>
<tr>
<td>October 1</td>
<td>“It’s a Stall World After All” presented by Dr. Paul G. Morrison, Urologist (260 attendance)</td>
<td></td>
</tr>
<tr>
<td>December 17</td>
<td>“Healthy Eating” presented by Hannah Lacey, United Regional Dietitian (196 in attendance)</td>
<td></td>
</tr>
</tbody>
</table>

2017 Smoking Cessation:
- March 7 course – 24 registered/22 completed
- June 20 course – 8 registered/5 completed
- August 8 – 5 registered/4 completed
- November 7 – 20 registered/20 completed
- December – 2 individual meetings with employees

2018 Smoking Cessation:
- March 6 course – 25 registered/24 completed
- June 19 course – 6 registered/4 completed
- August 7 course – 1 registered/1 completed
- November 6 course – 16 registered/16 completed

2019 Smoking Cessation:
- March 5 course – 26 registered/26 completed
- June 4 course – 11 registered/4 completed
- August 6 course – 5 registered/4 completed
- November 5 course – 9 registered/10 completed

2017
Name of Class - # of Attendees

<table>
<thead>
<tr>
<th>Name</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrea Anderle</td>
<td></td>
</tr>
<tr>
<td>Darrin French</td>
<td></td>
</tr>
</tbody>
</table>
- Advanced Cardiac Life Support (ACLS) – 102
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- Breastfeeding Educator Workshop Part II – 20
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- Charge Nurse Development (Assertive Communication) – 187
- Diabetic Foot Ulcers - 20
- ECMO provider course – 17
- Ethical Dilemmas – 70
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- Heart Failure: What’s it all about? – 4
- Mental Health First Aid – 37
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  - The Process of Labor & Birth – 7
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- Preceptor Training – 47
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- Sepsis Prevention, treatment & recovery - 45
- STABLE – 45
- Trauma Care Review – 49
- Trauma Acute Care Conference – 76
- Understanding Pressure Ulcers – 16
- Wound Healing and Management – 7
- 7-CPR Hands Only CPR Courses (81 participants)
- Cadaver Lab (112 participants)
- Coaches Concussion Training (38 participants)

### 2018

**Name of Class - # of Attendees**

- Advanced Cardiac Life Support (ACLS) – 82
- Advanced Cardiac Life Support – Renewal - 20 attendees
- Advanced Cardiac Life Support 2-Day Provider - 17 attendees
- BLS for Healthcare Providers - 4 attendees
- Basic Arrhythmia - 3 attendees
- Heartcode BLS - 1 attendee
- Neonatal Resuscitation - Megacode Check-Off - 11 attendees
- Pediatric Advanced Life Support – Renewal - 4 attendees
- Pediatric Advanced Life Support-Basic - 3 attendees
- Joint Camp – 630 attendees
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- PALS (Pediatric Advanced Life Support) -27
- Neonatal Complications – 7
- Preceptor Training – 47
- Pressure Injuries & Pressure Injury Prevention – 16
- Resolve Through Sharing - 5
- STABLE – 36
- Cadaver Lab (87 participants)
- Physiologic and Psychosocial adaptation to pregnancy – 6
  -- The Process of Labor & Birth – 6
  -- Complications of Pregnancy – 7
  -- Perinatal Safety & Risk management module – 9 – 7
  -- Postpartum assessment and nursing care – 7
  -- Newborn assessment and Care – 7

### 2019

**Name of Class - # of Attendees**

- Advanced Cardiac Life Support (ACLS) – 58
- BLS for Healthcare Providers - 10 attendees
- Basic Arrhythmia - 3 attendees
- Hands Only CPR Courses (16) – 131
- Heartcode BLS - 19 attendee
- Heartsaver CPR Courses (19) – 179
- Neonatal Resuscitation - Megacode Check-Off – 9 attendees
- Pediatric Advanced Life Support – Renewal - 6 attendees
- Pediatric Advanced Life Support-Basic - 6 attendees
- Antimicrobial Stewardship - 10
- Emergency Medical Services Conference - 108
- Bereavement Support Training – 2
- Pregnancy loss sensitivity training - 2
- STABLE – 37
- Stop the Bleed Courses (6) – 98
- Trauma Acute Care Conference - 43
- POEP (Perinatal Orientation and Education Program)
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- Postpartum assessment and nursing care – 16
- Newborn assessment and Care – 7

- NOEP (Neonatal Orientation and Education Program)
  - Transition to extrauterine life – 4
  - Newborn skin care/developmental care/pain mgmt. – 4
  - The respiratory System – 4
  - The Cardiovascular system/ late preterm infant – 4
  - Metabolic and nutrition support/Renal/Endocrine – 4
  - The gastrointestinal system/neurological system - 4

**Prenatal Classes, 2017**

January - June:
- United Regional – 24 classes with 270 attendees
- Sheppard Airforce Base (once monthly) with 78 attendees
- Harrell School Tours – with 27 attendees

July – December:
- United Regional – 26 classes with 228 attendees
- Sheppard Airforce Base (once monthly with the exception of November) with 76 attendees
- WFISD School Tour/class – with 21 attendees

**Prenatal Classes, 2018**

January – June:
- Courses at United Regional – 26 classes with 360 attendees
- Sheppard Airforce Base (once monthly) with 42 attendees

July – December:
### 2.C. United Regional will continue to participate in a variety of health fairs and presentations focused on education and prevention in the community.

**COMMUNITY EDUCATION PRESENTATIONS, 2017:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Location</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 17</td>
<td>“Do you Have Stinging, Burning, or Stabbing Pain in Your Neck or Back”</td>
<td>Jacksboro, TX</td>
<td>18</td>
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<tr>
<td>February 7</td>
<td>“Is You Pain Becoming a Pain in Daily Living?”</td>
<td>Nocona, TX</td>
<td>13</td>
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<tr>
<td>March 9</td>
<td>“Picture Life With Less Pain”</td>
<td>Kemp at the Forum</td>
<td>175</td>
</tr>
<tr>
<td>March 21</td>
<td>“Do you Have Stinging, Burning, or Stabbing Pain in Your Neck or Back”</td>
<td>Wellington</td>
<td>155</td>
</tr>
<tr>
<td>April 4</td>
<td>“Joint Pain”</td>
<td>Wellington</td>
<td>110</td>
</tr>
<tr>
<td>April 11</td>
<td>“Breathe Easier”</td>
<td>Kemp at the Forum</td>
<td>112</td>
</tr>
<tr>
<td>April 18</td>
<td>“Is You Pain Becoming a Pain in Daily Living?”</td>
<td>Wellington</td>
<td>142</td>
</tr>
<tr>
<td>May 9</td>
<td>“Agony of defeet”</td>
<td>Kemp at the Forum</td>
<td>132</td>
</tr>
<tr>
<td>June 13</td>
<td>“Is You Pain Getting out of Hand?”</td>
<td>Kemp at the Forum</td>
<td>122</td>
</tr>
<tr>
<td>August 1</td>
<td>“Do you Have Stinging, Burning, or Stabbing Pain in Your Neck or Back”</td>
<td>Seymour, TX</td>
<td>49</td>
</tr>
</tbody>
</table>
### September 12 – Advanced Diagnosis and Treatment of Overactive Bladder presented by Dr. Paul Benson at the Wellington – attendance 138

### September 19 – “Is You Pain Becoming a Pain in Daily Living?” presented by Dr. Jason Holinbeck in Jacksboro, TX – Attendance 0

### October 3 – “Do you Have Stinging, Burning, or Stabbing Pain in Your Neck or Back” presented by Dr. Brandon Ohman in Seymour, TX – attendance 5

### October 10 – Heart Rhythm Disorders presented by Dr. Darpan Kumar at the Wellington – attendance 180

### November 7 – “Is You Pain Becoming a Pain in Daily Living?” presented by Dr. Jason Holinbeck in Jacksboro, TX – Attendance 179

### 2018 COMMUNITY EDUCATION PRESENTATIONS

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenters</th>
<th>Attendees</th>
<th>Referrals</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 20</td>
<td>Heart Rhythm Disorders (Electrophysiology) with Dr. Darpan Kumar</td>
<td>(56 attendees/did not do referrals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 20</td>
<td>Joint Replacement with Dr. Joshua Schacter</td>
<td>(144 attendees/12 referrals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>April 24</td>
<td>New Procedures for Bladder Incontinence with Dr. Paul Benson</td>
<td>(133 attendees/ 7 referrals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 15</td>
<td>Back or Neck Pain with Dr. Brandon Ohman</td>
<td>(148 attendees/ 11 referrals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 22</td>
<td>OUCH! Do Your Feet Hurt with Dr. Steven Klumb</td>
<td>(138 attendees / 8 referrals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>June 26</td>
<td>Achy, Breaky, Joints with Dr. Michael Sheen, Dr. Edward Walker and Dr. Chandler Harvey</td>
<td>(127 attendees / 9 referrals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 7</td>
<td>Pain Getting Out of Hand? with Dr. Dan Babbel</td>
<td>(115 attendance / 11 referrals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 23</td>
<td>The Alzheimer’s and Dementia Dilemma: Understanding the Disease, How to Care for Loved Ones and for Yourself</td>
<td>(273 attendance / no referrals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>November 13</td>
<td>Heads Up! with Dr. Jerry Giles, Dr. Cameron Godfrey, and Dr. Jed Grisel</td>
<td>(168 attendance / no referrals)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### COMMUNITY EDUCATION PRESENTATIONS 2019

**January 29** - Lose the Weight for Life! with Dr. Chris Finnell (59 attendance / 16 referrals)

**February 12** - Heart Rhythm Disorders with Dr. Darpan Kumar (attendance 150 / no referrals)

**March 19** – Achy, Breaky, Joints? with Dr. Michael Sheen and Dr. Edward Walker (106 attendance / 7 referrals)

**May 21** – Living with Rheumatoid Arthritis with Dr. Vanya Wagler (138 attendance / 8 referrals)

**June 18** – Benefits of Continuous Glucose Monitoring in Diabetes with Dr. Kimberly Bourne (99 attendance / 10 referrals)

**July 30** – Real Talk for Women with Dr. Thien Tran (101 attendance / 7 referrals)

**September 17** – Joint Pain with Dr. Joshua Schacter and Dr. Chandler Harvey (144 attendance / 14 referrals)

**October 29** – Pain Getting Out of Hand with Dr. Dan Babbel (101 attendance / 7 referrals)

**November 12** – Neurosurgery topic with Dr. Robert Funk (135 attendance)

### HEALTH FAIRS, 2017:

(Date – Location – Attendance)

- January 26 – City View ISD – 12
- January 27 – City View ISD – 21
- February 4 – Women’s Expo – over 400 health panel screenings performed
- February 16 - Cornerstone Dental – 14
- February 23 – Hospice Employee Health Fair – 120
- February 28 – Crossfit Health Event – 18
- March 3 – MSU Health Fair – 120
- March 6 – March 10 – Burkburnett ISD – 265
- March 22 and 23 – Wichita Co Courthouse – 170
- March 23 – Henrietta ISD – 68
- March 24 – Nocona ISD – 32
- March 29 and 30 – Fidelity Bank – 56
<table>
<thead>
<tr>
<th>Date</th>
<th>Location/Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 1</td>
<td>Wichita Co. Health Unit – 120</td>
</tr>
<tr>
<td>April 3</td>
<td>Iowa Park ISD – 65</td>
</tr>
<tr>
<td>April 7</td>
<td>Seymour ISD – 48</td>
</tr>
<tr>
<td>April 11</td>
<td>Seymour Ag – 125</td>
</tr>
<tr>
<td>April 20</td>
<td>Holliday ISD – 33</td>
</tr>
<tr>
<td>April 27</td>
<td>Sheridan Medical Lodge – 15</td>
</tr>
<tr>
<td>May 6</td>
<td>Wichita Falls ISD – 100</td>
</tr>
<tr>
<td>May 18</td>
<td>Olney ISD – 30</td>
</tr>
<tr>
<td>July 26</td>
<td>WFISD PIE Camp R2L – 75</td>
</tr>
<tr>
<td>Aug 12</td>
<td>Project Back to School – 300</td>
</tr>
<tr>
<td>Sept 14</td>
<td>Sr Benefits Expo – 150</td>
</tr>
<tr>
<td>Oct 7</td>
<td>WFISD Employee Event – 150</td>
</tr>
<tr>
<td>Oct 7</td>
<td>CrossFit Gym Pink Event – 35</td>
</tr>
<tr>
<td>Oct 11</td>
<td>Wichita County Employee Event – 80</td>
</tr>
<tr>
<td>Oct 12</td>
<td>Wichita County Employee Event Day 2 – 60</td>
</tr>
<tr>
<td>Oct 12</td>
<td>BCI Event – 150</td>
</tr>
<tr>
<td>Oct 13</td>
<td>Burk High School Pink Event – 50</td>
</tr>
<tr>
<td>Oct 14</td>
<td>SGK Race for the Cure – 50</td>
</tr>
<tr>
<td>Oct 14</td>
<td>Naturals Grocers Pink Event – 50</td>
</tr>
<tr>
<td>Oct 18</td>
<td>WFISD Employee Event – 75</td>
</tr>
<tr>
<td>Oct 24</td>
<td>Sewell Toyota Pink Event – 20</td>
</tr>
<tr>
<td>Oct 26</td>
<td>HealthSouth Employee Event - 80</td>
</tr>
<tr>
<td>Oct 26</td>
<td>City of WF Employee Event – 450</td>
</tr>
<tr>
<td>Oct 29</td>
<td>Alpha Kappa Alpha Pink Event – MSU – 30</td>
</tr>
<tr>
<td>Nov 1</td>
<td>Union Square Employee Event - 60</td>
</tr>
<tr>
<td>Nov 17</td>
<td>NO TX State Hospital Employee Event – 250</td>
</tr>
</tbody>
</table>

**2018 HEALTH FAIRS/PRESENTATIONS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location/Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 26</td>
<td>Career Day Booker T Washington – 45</td>
</tr>
<tr>
<td>February 10</td>
<td>Women’s Expo - 400</td>
</tr>
<tr>
<td>February 13</td>
<td>Cornerstone Dental -15</td>
</tr>
<tr>
<td>February 14-15</td>
<td>Wichita Co Emp Wellness Event - 140</td>
</tr>
<tr>
<td>February 28</td>
<td>Fidelity Bank - 14</td>
</tr>
<tr>
<td>March 1</td>
<td>Fidelity Bank -42</td>
</tr>
<tr>
<td>March 2</td>
<td>Seymour ISD Employee Outreach - 55</td>
</tr>
<tr>
<td>March 2</td>
<td>MSU Health Fair - 100</td>
</tr>
<tr>
<td>March 5-9</td>
<td>Burk ISD Employee Outreach - 253</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
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<td>-------------</td>
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</tr>
<tr>
<td>March 14</td>
<td>Cryovac Employee Outreach</td>
</tr>
<tr>
<td>March 16</td>
<td>Cryovac Employee Outreach</td>
</tr>
<tr>
<td>March 21</td>
<td>Henrietta ISD Employee Outreach</td>
</tr>
<tr>
<td>March 28</td>
<td>Union Square Employees</td>
</tr>
<tr>
<td>March 29</td>
<td>Nocona ISD Employees</td>
</tr>
<tr>
<td>March 29</td>
<td>Hospice Employee Health Fair</td>
</tr>
<tr>
<td>April 2-5</td>
<td>Iowa Park ISD Employee Outreach</td>
</tr>
<tr>
<td>April 5</td>
<td>McNiel Jr. High Health Class / Cardiology presentation</td>
</tr>
<tr>
<td>April 7</td>
<td>Wichita Co Public Health Unit</td>
</tr>
<tr>
<td>April 17</td>
<td>House of Hope Employee Outreach</td>
</tr>
<tr>
<td>May 5</td>
<td>WFISD Employee Wellness Event</td>
</tr>
<tr>
<td>May 10</td>
<td>WFISD Employee Event</td>
</tr>
<tr>
<td>May 18</td>
<td>Olney ISD Employee Outreach</td>
</tr>
<tr>
<td>June 16</td>
<td>Bowie Health Fair</td>
</tr>
<tr>
<td>June 26</td>
<td>Optimist Club – Adv Dir</td>
</tr>
<tr>
<td>July 10</td>
<td>Red Door – Adv Dir</td>
</tr>
<tr>
<td>July 23</td>
<td>Friendly Door – Adv Dir</td>
</tr>
<tr>
<td>July 26</td>
<td>50+ Zone – Adv Dir</td>
</tr>
<tr>
<td>July 26</td>
<td>WF Teachers Credit Union – Adv Dir</td>
</tr>
<tr>
<td>August 29</td>
<td>Little Black Bag – Adv Dir</td>
</tr>
<tr>
<td>Sept. 11</td>
<td>Byer’s Women’s Club – Adv. Dir</td>
</tr>
<tr>
<td>October 5</td>
<td>Sheppard AFB – Adv Dir</td>
</tr>
<tr>
<td>October 11</td>
<td>Clay Co – 50</td>
</tr>
<tr>
<td>October 11</td>
<td>Notre Dame – CPR – 10</td>
</tr>
<tr>
<td>October 18</td>
<td>City of WF – 35</td>
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<tr>
<td>October 18</td>
<td>Seymour - 45</td>
</tr>
<tr>
<td>October 18</td>
<td>Cancer Support Group – 10</td>
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<tr>
<td>October 22</td>
<td>Burkburnett Baptist Church – 80</td>
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<tr>
<td>October 24</td>
<td>Petrolia ISD Vaping Presentation – 150</td>
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<td>October 25</td>
<td>SAFB Women’s Clinic – 100</td>
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<tr>
<td>October 30</td>
<td>Union Square - 55</td>
</tr>
<tr>
<td>November 15</td>
<td>Iowa Park Health Fair – 150</td>
</tr>
<tr>
<td>November 16</td>
<td>NO TX State Hospital – 300</td>
</tr>
</tbody>
</table>

**HEALTH FAIRS/PRESENTATIONS 2019**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 12</td>
<td>Wichita County Employee</td>
<td>75</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>February 13</td>
<td>Wichita County Employee – 70</td>
<td></td>
</tr>
<tr>
<td>February 20</td>
<td>Fidelity Bank Employee Event – 30</td>
<td></td>
</tr>
<tr>
<td>February 21</td>
<td>Fidelity Bank Employee Event – 20</td>
<td></td>
</tr>
<tr>
<td>February 25</td>
<td>Leadership Wichita Falls (Youth) – presentation and tours – 30</td>
<td></td>
</tr>
<tr>
<td>March 1</td>
<td>Burk ISD Employee Event – 33</td>
<td></td>
</tr>
<tr>
<td>March 4</td>
<td>Burk ISD Employee Event – 37</td>
<td></td>
</tr>
<tr>
<td>March 5</td>
<td>Burk ISD Employee Event – 70</td>
<td></td>
</tr>
<tr>
<td>March 5</td>
<td>Central Baptist Church – Advance Directive Presentation – 60</td>
<td></td>
</tr>
<tr>
<td>March 6</td>
<td>Burk ISD Employee Event – 55</td>
<td></td>
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<tr>
<td>March 7</td>
<td>Burk ISD Employee Event – 50</td>
<td></td>
</tr>
<tr>
<td>March 8</td>
<td>Seymour ISD Employee Event - 55</td>
<td></td>
</tr>
<tr>
<td>March 8</td>
<td>MSU Health Fair – 200</td>
<td></td>
</tr>
<tr>
<td>March 19</td>
<td>Henrietta ISD Employee Event - 65</td>
<td></td>
</tr>
<tr>
<td>March 26</td>
<td>Leadership Wichita Falls (Adult) – presentation and tours – 45</td>
<td></td>
</tr>
<tr>
<td>March 28</td>
<td>Hospice Employee Event – 60</td>
<td></td>
</tr>
<tr>
<td>March 29</td>
<td>Hospice Employee Event – 65</td>
<td></td>
</tr>
<tr>
<td>March 30</td>
<td>Wichita Falls Wichita County Public Health District Health Fair – 200</td>
<td></td>
</tr>
<tr>
<td>April 1</td>
<td>4 Iowa Park ISD Employee Event - 70</td>
<td></td>
</tr>
<tr>
<td>April 18</td>
<td>MSU/PIE Senior Sendoff – 250</td>
<td></td>
</tr>
<tr>
<td>April 26</td>
<td>Nocona ISD Employee Wellness – 27</td>
<td></td>
</tr>
<tr>
<td>April 26</td>
<td>Drug Take Back Event – collected 395 pounds of medications and narcotics</td>
<td></td>
</tr>
<tr>
<td>April 27</td>
<td>WFISD Employee Wellness Event – 75</td>
<td></td>
</tr>
<tr>
<td>May 1</td>
<td>Union Square Employee Event - 70</td>
<td></td>
</tr>
<tr>
<td>May 15</td>
<td>Iowa Park Middle School – Heart Health Lecture to 85 children</td>
<td></td>
</tr>
<tr>
<td>May 17</td>
<td>Olney ISD Employee Wellness – 45</td>
<td></td>
</tr>
<tr>
<td>May 22</td>
<td>Hospice Employee Health Fair – 113</td>
<td></td>
</tr>
<tr>
<td>August 10</td>
<td>Project Back to School – 575</td>
<td></td>
</tr>
<tr>
<td>September 10</td>
<td>Byers Community Center – 12</td>
<td></td>
</tr>
<tr>
<td>September 19</td>
<td>Senior Benefits Expo – 75</td>
<td></td>
</tr>
<tr>
<td>September 23</td>
<td>Sigma Kappa Alumni – Advance Directive Presentation - 18</td>
<td></td>
</tr>
</tbody>
</table>
### 2.D. United Regional will participate in the Health Coalition of Wichita County’s initiatives regarding its goal of reducing the prevalence of individuals who are overweight or obese in Wichita County.

A representative from United Regional’s Food Service department attends the Health Coalition’s Healthy Eating Active Living (HEAL) subcommittee, which is held every other month. The HEAL attendees discuss coordination of initiatives including wellness resources, healthy eating, diabetes and pre-diabetes.

**2019**
The Health Coalition of Wichita County disbanded in 2019.

**Nancy Townley**

### 2.E. United Regional will continue to publish “Healthy You,” a community magazine which is distributed three times per year to approximately 50,000 residents in the nine-county primary service and secondary service area. Each edition contains content relevant to a variety of health concerns as well as promotes hospital services including support groups and community education offerings. Example health topics have included stroke, cardiac health, emergency care, diabetes, healthy eating, influenza, seasonal allergies, hospitalist program, summer safety, athletic injuries, concussions, joint replacement, and other specialty services and surgical interventions.

**2017**
“Healthy You”, June 2017 (37,087 copies mailed). Topics included: Stroke warning signs and education; vitamin D information; heat exhaustion vs. heat stroke; foot conditions and treatments; and a healthy recipe.

“Healthy You”, August 2017 (approx. 37,000 copies mailed). Topics included: urinary tract infections, cholesterol, AFIB, back pain, a healthy recipe, and information on the upcoming Celebrating Women event.

“Healthy You”, November 2017 (approx. 37,000 copies mailed).

**Lynn Wiesen**
<table>
<thead>
<tr>
<th>Year</th>
<th>Issue Date</th>
<th>Distribution</th>
<th>Topics Included</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>May 2018</td>
<td>approx. 37,000 copies mailed</td>
<td>Avoiding the common cold and flu (with CarePlus info), pancreatic cancer, knee pain, neck pain, diabetes education, headaches and migraines, and a healthy recipe.</td>
</tr>
<tr>
<td>2018</td>
<td>August 2018</td>
<td>approx. 37,000 copies mailed</td>
<td>“Healthy You”, Celebrating Women, COPD, women’s screenings, diseases in women, arthritis treatments, orthopedic symptoms you can’t ignore, and a healthy recipe.</td>
</tr>
<tr>
<td>2018</td>
<td>Fall/Winter 2018</td>
<td>approx. 37,000 copies mailed</td>
<td>Topics included: flu vaccine and prevention, advance directives, Hip health/Mako sidebar, Breast Care Program, heartburn/Linx Sidebar, CarePlus-eCare/PCMH sidebar.</td>
</tr>
<tr>
<td>2019</td>
<td>May 2019</td>
<td>approx. 37,000 copies mailed</td>
<td>“Healthy You,” Topics included: bleeding control, generic ortho info, genetics/genetics testing, MyChart, men’s health and a healthy recipe.</td>
</tr>
<tr>
<td>2019</td>
<td>August 2019</td>
<td>approx. 37,000 copies mailed</td>
<td>“Healthy You,” Topics included: elective surgery, pelvic health, common spine problems, choosing your obstetrics experience, and a healthy recipe.</td>
</tr>
</tbody>
</table>
### 2.F. United Regional will continue to offer the “Bee Healthy Program” for its employees and their spouses. The program includes annual biometric screening and counseling by mid-level practitioners regarding health and wellness issues. Screening/counseling is required for health insurance participants, and financial incentives/penalties are included to encourage smoking cessation, healthy lifestyles, participation in chronic disease management, etc.

#### Bee Healthy Activities, 2017:

- **Catapult Screenings** – 1,612 employees plus 364 spouses  
  No updates as we only do Catapult screenings in Jan/Feb each year.
- **Health Risk Management (HRM) program** – 25 active participants  
  30 “active” participants at year end, but only 24 completed the program at year end. Started with 16 with Metabolic Syndrome, of which 8 don’t have it now and 2 reduced the number of risk factors by 1.
- **Fitness classes** – 2,014 class participants
- **Diabetes Management Program** – 27 current participants  
  80 participants at year end
- **Real Appeal Weight Loss Program** – 147 participants  
  192 participants
- **Tobacco Cessation** – 26 employees completed the program. By year-end, 57 signed up and 51 completed the course.

#### Bee Healthy Activities, 2018:

- **Catapult Screenings** – 1,653 employees plus 361 spouses; Highlights from 2018 cohort results (compared to 2013)
  - Metabolic Syndrome improved by 40.1%
  - Uncontrolled Hypertension improved by 71.1%
  - Pre-Hypertension improved by 37.9%
  - Controlled Diabetes improved by 78.7%
  - Preventative Care
    - No PCP Men improved by 79.4%
    - No PCP Women improved by 89.0%
### Bee Healthy Activities, 2019:
- Wellness Screenings were conducted internally through the wellness team and the URPG clinic.
  - 819 employees plus 163 spouses screened
  - Results will be available in Q2 2020
- Health Risk Management (HRM) program – 30 active participants
- Fitness classes – 1,178 class participants
- Diabetes Management Program – 106 current participants
- Real Appeal Weight Loss Program – 21 participants and 139 pounds lost. 86% of participants are “at-risk”
January 1, 2017 – December 31, 2019
United Regional Health Care System
CHNA Implementation Plan
Status Report

- Risk”, meaning they have been diagnosed with Diabetes, Cardiovascular Disease or other related conditions
- Tobacco Cessation – Year to date, 34 employees have completed the course and 37 employees completed a baseline pulmonary lung test. *(We have added the PFT as a final step in the cessation course, at no charge to participants, in an attempt to help improve actual quit rates.)*
- Cooking Demo- 16 participants
- Bee Healthy Fun Run- 24
- Keep the Weight Off Class- 14
- Well Fargo 1:1 Financial Coaching- 3
- Epic Implementation Outreach- 2200 stress brochures distributed
  - Over 100 massages to clinical and front line staff
- Healthy Wage Contest
  - 10 Participants
  - 5, 908, 387 steps taken in 8 weeks
- Wellness Screenings were conducted internally through the wellness team and the URPG clinic.
  - 755 employees plus 171 spouses screened totaling 926
  - Results will be available in Q2 2020
- Health Risk Management (HRM) program – 29 active participants
- Fitness classes – 308 class participants
- Diabetes Management Program – 108 current participants
- Real Appeal Weight Loss Program – 10 participants in the last quarter, with a grand total program weight loss of 1717 pounds. 100% of the 10 last quarter participants are “at-risk”, meaning they have been diagnosed with Diabetes, Cardiovascular Disease or other related conditions
### Tobacco Cessation
- Last quarter, 10 employees have completed the course and 9 employees completed a baseline pulmonary lung test. *(We have added the PFT as a final step in the cessation course, at no charge to participants, in an attempt to help improve actual quit rates.)*
- Cooking Demo - 12 participants
- F-15 Workout Launch - 12
- Well Fargo 1:1 Financial Coaching - 3

### 2.G. United Regional will continue to offer a Type 1/Type 2 Diabetes Support Group which provides education to patients on the topics of eye care, new meter technology, and other diabetes management topics.

#### 2017
- **2/28/17 - Adult Support Group**
  - Attendance: 25
  - Topic: Exercise & Diabetes, Presented by Physical Therapist, Joel Blanco, DPT, CSCS
- **3/28/17 - Sugar Stompers Pediatric Support Group**
  - Attendance: 13
  - Topic: Camp Sweeney
- **5/9/17 - Adult Support Group**
  - Attendance: 23
  - Topic: Healthy Eating, Speaker Andrea Grassi
- **8/18/2017 – Sugar Stompers**
  - Attendance: 41
- **10/31/2017 – Adult Support Group**
  - Attendance: 25
  - Topic: Nutrition, Speaker Andrea Grassi
- **11/14/2017 – Diabetes at a Glance**
  - Attendance: 60

#### 2018
- **3/1/2018 – Healthy Eating**
  - Speaker Andrea Grassi
  - Attendance: 20
- **4/10/2018 – Pediatric Support Group**

---

**Michelle Nelson**
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Speaker</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/15/2018</td>
<td>Staying Well – Movement Can Help with Overall Health</td>
<td>Aketa Thomas</td>
<td>27</td>
</tr>
<tr>
<td>8/30/2018</td>
<td>Diabetes and Kidney Health</td>
<td>Dr. Reddy</td>
<td>25</td>
</tr>
<tr>
<td>10/26/2018</td>
<td>Healthy Eating with Diabetes</td>
<td>Laura Gutierrez</td>
<td>9</td>
</tr>
<tr>
<td>11/7/2018</td>
<td>Diabetes and Your Eyes</td>
<td>Dr. Ross Lynd</td>
<td>25</td>
</tr>
<tr>
<td>11/29/2018</td>
<td>Pediatric Support Group Urban Air get together</td>
<td></td>
<td>18</td>
</tr>
<tr>
<td>2/2/2019</td>
<td>Taking Care of the Neuropathic Foot</td>
<td>Jason Mitcham</td>
<td>29</td>
</tr>
<tr>
<td>5/6/2019</td>
<td>Healthy Summer Snacks</td>
<td>Hannah Golovin, RD, LD</td>
<td>9</td>
</tr>
<tr>
<td>7/10/2019</td>
<td>Healthy Cooking with WFAFB</td>
<td>Taylor Offutt</td>
<td>8</td>
</tr>
</tbody>
</table>
United Regional will continue to provide Diabetes Education to help patients with diabetes manage the disease.

<table>
<thead>
<tr>
<th>Year</th>
<th>Outpatient Encounters</th>
<th>Inpatient Encounters</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>2,000</td>
<td>1,971</td>
</tr>
<tr>
<td>2018</td>
<td>1,898</td>
<td>2,791</td>
</tr>
<tr>
<td>2019</td>
<td>2,447</td>
<td>4,252</td>
</tr>
</tbody>
</table>

United Regional will continue to provide diabetes monitoring supplies to employees who are self-enrolled in the Diabetes Management program through our benefit plan.

<table>
<thead>
<tr>
<th>Year</th>
<th>Benefits Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>$487,204</td>
</tr>
<tr>
<td>2018</td>
<td>$687,037.05</td>
</tr>
<tr>
<td>2019</td>
<td>$787,813</td>
</tr>
</tbody>
</table>

United Regional conducts diabetes and survival skills classes for patients with newly diagnosed diabetes. It also conducts post discharge phone calls to individuals who need assistance in managing their chronic illnesses such as heart failure, management of medications, and placement with community resources such as transportation, social services.

<table>
<thead>
<tr>
<th>Year</th>
<th>Discharge Calls Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>3,907</td>
</tr>
<tr>
<td>2018</td>
<td>4,481</td>
</tr>
<tr>
<td>2019</td>
<td></td>
</tr>
<tr>
<td>2.K. United Regional will continue to offer weight loss surgery and a support group for those who qualify for the procedure. Those who qualify are able to participate in the support group not only before the procedure, but also afterwards.</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td></td>
</tr>
<tr>
<td><strong>2017</strong></td>
<td></td>
</tr>
<tr>
<td>149 weight loss surgeries</td>
<td></td>
</tr>
<tr>
<td>• Support group meetings</td>
<td></td>
</tr>
<tr>
<td>- February had 9 people in attendance</td>
<td></td>
</tr>
<tr>
<td>- May had 12 people in attendance</td>
<td></td>
</tr>
<tr>
<td>- August had 8 people in attendance</td>
<td></td>
</tr>
<tr>
<td>- November had 17 people in attendance</td>
<td></td>
</tr>
<tr>
<td><strong>2018</strong></td>
<td></td>
</tr>
<tr>
<td>119 weight loss surgeries</td>
<td></td>
</tr>
<tr>
<td>• Support group meetings</td>
<td></td>
</tr>
<tr>
<td>- February had 14 people in attendance</td>
<td></td>
</tr>
<tr>
<td>- May had 16 people in attendance</td>
<td></td>
</tr>
<tr>
<td>- August had 20 people in attendance</td>
<td></td>
</tr>
<tr>
<td>- November had 10 people in attendance</td>
<td></td>
</tr>
<tr>
<td><strong>2019</strong></td>
<td></td>
</tr>
<tr>
<td>153 weight loss surgeries</td>
<td></td>
</tr>
<tr>
<td>• Support group meetings</td>
<td></td>
</tr>
<tr>
<td>- February had 12 people in attendance</td>
<td></td>
</tr>
<tr>
<td>- May had 2 people in attendance</td>
<td></td>
</tr>
<tr>
<td>- August had 9 people in attendance</td>
<td></td>
</tr>
<tr>
<td>- November had 9 people in attendance</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2.L. United Regional will continue to offer a transition clinic to help elective surgery patients, with identified risk factors, reduce or eliminate those risk factors in order to avoid developing surgical site infections.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2017</strong></td>
</tr>
<tr>
<td>The Transition Clinic has provided care to 156 individual patients through December 31st, 2017. There have been 366 kept appointments during this time.</td>
</tr>
<tr>
<td><strong>2018</strong></td>
</tr>
<tr>
<td>The Transition Clinic has provided care to 307 individual patients through December 31, 2018. There have been 587 kept appointments during this time.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Michael Gardner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emily Rusk</td>
</tr>
</tbody>
</table>

| Michelle Nelson |
### The Transition Clinic

The Transition Clinic has provided care to approximately 1,404 individual patients through December 31st, 2019. There have been 2,437 kept appointments during this time.

<table>
<thead>
<tr>
<th>Year</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2019</strong></td>
<td>The Transition Clinic has provided care to approximately 1,404 individual patients through December 31st, 2019. There have been 2,437 kept appointments during this time.</td>
</tr>
</tbody>
</table>

### 2.M. United Regional will continue to partner with local schools to provide free sports physicals for middle and high school students. Physicians attend local and regional sports events to ensure timely diagnosis and treatment of sports injuries

**2017**
Provided 744 free sports physicals

2017 Saturday Injury patients were 69

Our providers also covered the sidelines for 21 local FB games (total of approximately 73.5 hours of coverage)

**2018**
Provided 904 free sports physicals

2018 Saturday Injury patients were 74

Our providers also covered the sidelines for 36 local FB games (total of approximately 124.75 hours of coverage)

**2019**
Provided 1,329 free sports physicals

2019 Weekend Injury Clinic patients were 64

Our providers also covered the sidelines for 64 local FB games (total of approximately 229.5 hours of coverage)

### 2.N. United Regional and all owned facilities are tobacco-free.

United Regional provides signage informing patients and visitors that no tobacco products are allowed on hospital property and other United Regional owned facilities.
### 2.O. United Regional will continue to offer smoking cessation courses at a minimal fee of $25 per person.

<table>
<thead>
<tr>
<th>Year</th>
<th>Courses Details</th>
</tr>
</thead>
</table>
| 2017 | March 7 course – 24 registered/22 completed  
June 20 course – 8 registered /5 completed  
August 8 – 5 registered / 4 completed  
November 7 – 20 registered / 20 completed  
December – 2 individual meetings with employees |
| 2018 | March 6 course – 25 registered/24 completed  
June 19 course – 6 registered /4 completed  
August 7 course – 1 registered/1 completed  
November 6 course – 16 registered/16 completed |

**2019 Smoking Cessation**

<table>
<thead>
<tr>
<th>Year</th>
<th>Courses Details</th>
</tr>
</thead>
</table>
| 2019 | March 5 course – 26 registered/26 completed  
June 4 course – 11 registered /4 completed  
August 6 course – 5 registered/4 completed  
November 5 course – 9 registered/10 completed |

---

### 2.P. United Regional will continue to provide low dose CT lung cancer screenings to patients that qualify and are appropriately referred by a physician. If patients do not meet the criteria, they are able to receive the screening through a low cash payment option.

<table>
<thead>
<tr>
<th>Year</th>
<th>Screenings Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>94 Lung Screenings</td>
</tr>
<tr>
<td>2018</td>
<td>138 Lung Screenings</td>
</tr>
<tr>
<td>2019</td>
<td>265 Lung Screenings</td>
</tr>
</tbody>
</table>

---

### 2.Q. United Regional will strive to maintain designation as a Texas Ten Step Facility by the Department of State Health Services and the Texas Hospital Association.

We continue to be a Texas Ten Step Facility. Our exclusive breast feeding rate as of 12/31/17 is 67.3% compared to the national average 50.02% (exclusive breast milk feeding=infants who only had breast milk during their hospital stay).

We continue to be a Texas Ten Step Facility. Our exclusive breast feeding rate as of 06/30/18 is 64.8% compared to the national average 50.06% (exclusive breast milk feeding=infants who only had breast milk during their hospital stay).
We continue to be a Texas Ten Step Facility. Our exclusive breast feeding rate as of 12/31/19 is 60.9% compared to the national average of 51.6% (exclusive breast milk feeding = infants who only had breast milk during their hospital stay).

### 2.R. United Regional will continue to participate in the Women’s Expo with approximately 1,500 in attendance. Health information is presented to the attendees and includes breast cancer awareness, obesity education, cardiac health and stroke. Screenings for body mass index, peripheral artery disease, blood pressure, pulmonary function, cardiac, cholesterol and blood glucose screenings are also provided at no charge.

<table>
<thead>
<tr>
<th>Event/Screenings</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Women’s Expo/Heart of a Woman 2017 (February)** | February 4<sup>th</sup> Women’s Expo and Heart of a Woman event blood panel screenings:  
- 133 to the Women’s Expo participants  
- 334 to Heart of a Woman participants |
| **Women’s Expo/Heart of a Woman 2018 (February)** | February 5<sup>th</sup> Women’s Expo and Heart of a Woman event blood panel screenings:  
- 306 screenings provided to the Women’s Expo and Heart of a Woman participants |
| **Women’s Expo/Heart of a Woman 2019 (February)** | February 9<sup>th</sup> Women’s Expo Heart of a Woman event blood panel screenings:  
- 345 screenings provided to the Women’s Expo and Heart of a Woman participants |

### 2.S. United Regional will continue to offer prenatal classes to help expectant mothers have a healthy pregnancy; United Regional will continue to assist Sheppard Air Force Base with their monthly prenatal orientation. The hospital’s Community Health Education Specialist presents information to couples monthly about the hospital’s Mother/Baby Unit, what to expect during their stay, as well as provides general prenatal education.

<table>
<thead>
<tr>
<th>PRENATAL CLASSES, 2017</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>January to June:</td>
<td></td>
</tr>
</tbody>
</table>
- United Regional – 24 classes with 270 attendees  
- Sheppard Airforce Base (once monthly) with 78 attendees  
- Harrell School Tours – with 27 attendees |
| July – December: |  
- United Regional – 26 classes with 228 attendees  
- Sheppard Airforce Base (once monthly with the exception of November) with 76 attendees  
- WFISD School Tour/class – with 21 attendees |

Kim Maddin
provides tours and teaching materials which are handed out to students.

**Prenatal Classes, 2018**

January – June:
- Courses at United Regional – 26 classes with 360 attendees
- Sheppard Airforce Base (once monthly) with 42 attendees

July – December:
- Courses at United Regional – 24 classes with 226 attendees
- Sheppard Airforce Base (bi-monthly) with 86 attendees

**Prenatal Classes, 2019**

January – December
- Courses at United Regional – 51 classes with 726 attendees
- Sheppard Airforce Base (monthly) with 111 attendees

2.T. United Regional will continue to provide a Mammogram Fund through the United Regional Foundation, which goes towards the provision of free mammograms for females who qualify.

<table>
<thead>
<tr>
<th>Year</th>
<th>Screenings</th>
<th>Amount Expended</th>
<th>Current Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>99</td>
<td>$17,778.93</td>
<td>$12,124.21</td>
</tr>
<tr>
<td>2018</td>
<td>105</td>
<td>$11,375</td>
<td>$2,642.21</td>
</tr>
<tr>
<td>2019 (Jan-Dec)</td>
<td>8</td>
<td>$1,113.72</td>
<td></td>
</tr>
</tbody>
</table>

2017
99 screenings in 2017. Amount expended: $17,778.93 (Includes UR and RA expenses)
- Current balance: $12,124.21

2018
105 screenings in 2018. Amount expended $11,375 (includes UR & RA)
- Current balance $2,642.21. Once the fund is fully expended, no additional mammography services will be paid from this source.

2019 (Jan-Dec)
8 screenings in 2019. Amount expended $1,113.72
### 2.U. United Regional will continue to operate Joint Camp to provide education to people who are scheduled for a joint replacement at no cost to participants.

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>329</td>
</tr>
<tr>
<td>2018</td>
<td>437</td>
</tr>
<tr>
<td>2019</td>
<td>474</td>
</tr>
</tbody>
</table>

- Current balance $178.49. Once the fund is fully expended, no additional mammography services will be paid from this source.

### 2.V. United Regional will continue to support the Regional Advisory Council, which uses a hands-on approach to help prevent trauma fatalities and injuries. The council provides injury prevention and trauma education across a 10-county region. The Injury Prevention Coalition plays a key role in education using a multi-disciplinary team from the area. Included in this education are child passenger safety, bicycle safety, fall prevention and home safety, medication safety and many other issues promoting safe communities. In addition, the council hosts trauma education courses and provides continuing education and continuing medical education for area physicians, nurses and EMS professionals.

#### 2017

**January**
- Stryker warming blanket-In-service
- Stop the Bleed Burk High School- 6
- Stop the Bleed Electra PD and EMS-24
- Stop the Bleed MSU Police-11
- Active Shooter Drill–Emergency Department
- New Sternal Saw- In-service ED
- Stop the Bleed Burk Fire, PD and EMS-32
- Trauma Case Review

**February**
- Art Line training– ED staff
- NTRAC Meeting– STABLE education-46
- Stop the Bleed– Seymour VFD- 7
- TNCC- 24
- Stop the Bleed Police Academy Vernon College-23
- Stop the Bleed Vernon College Instructors-5

**March**
- Vernon College Seminar Day Trauma Assessment Lecture-91
- ENPC- 24
- Henrietta Elementary School Health Fair-160
- Stop the Bleed Archer City EMS- 12
- Burn Lecture—Medical City Plano -20
- NTRAC Trauma Acute Care Conference- 42

**April**
- NTRAC Meeting-
- Trauma Nursing Assessment Vernon College- 91
- ATLS Full Course -17 participants
<table>
<thead>
<tr>
<th>Month</th>
<th>Events</th>
</tr>
</thead>
</table>
| May   | Stop the Bleed DPS Troopers-10  
CISM Course-28  
Stop the Bleed– Vernon College Seniors-52  
Distracted Driving Video– PSA  
Click It or Ticket Media Event-40  
Kids Fest Child Passenger Safety Table-300+  
Trauma Critical Care Conference-98  
Stop the Bleed– TXDot Archer City-9  
TCRN Study Course-8 |
| June  | NTRAC Meeting– EZ IO Update-40  
Trauma Case Review  
REBOA ED and ICU nursing information-72  
TNCC-24  
Outreach– Waurika Oklahoma-4  
Hospital Rounding– CroFab Quanah, Vernon, Electra, Henrietta, Nocona-20  
Car Fit and CPS Checkpoint-TXD<br-dot travel center-20 |
| July  | Stop the Bleed Graham Police/DPS/ Sherriff’s Department-9  
Stop the Bleed -Faith Baptist Church, Wichita Falls - 8  
Safety Fair– WFISD 1st-5th Graders-50  
Stop the Bleed– Electra Memorial-15 |
| August| Strike Back Education Summit– Peyton’s Project-25 |
### CHNA Implementation Plan
#### Status Report

<table>
<thead>
<tr>
<th>Month</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Shooter Drill– Seymour Hospital</td>
<td></td>
</tr>
<tr>
<td>Stop the Bleed– faculty from Henrietta School District-110</td>
<td></td>
</tr>
<tr>
<td>Global Trauma Symposium Webcast-50+</td>
<td></td>
</tr>
<tr>
<td>September</td>
<td>Stop the Bleed– Vernon College Senior Nursing Students-54</td>
</tr>
<tr>
<td></td>
<td>Skills Fair United Regional– Rapid Infusor, Report of Death forms, Atrium Chest Drain System</td>
</tr>
<tr>
<td></td>
<td>Child Safety Seat Saturday Event– TXDot Wichita Falls-20</td>
</tr>
<tr>
<td></td>
<td>TNCC-24</td>
</tr>
<tr>
<td></td>
<td>Senior Focus– Balance Screening-500 +</td>
</tr>
<tr>
<td>October</td>
<td>ATLS-12</td>
</tr>
<tr>
<td></td>
<td>Trauma Case Review with JPS Ft. Worth</td>
</tr>
<tr>
<td></td>
<td>Senior Focus Fall Prevention-250+</td>
</tr>
<tr>
<td></td>
<td>Hospital Wide Disaster Drill– Internal Explosion -50+</td>
</tr>
<tr>
<td></td>
<td>Vernon College Seminar Day-90+</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed– Respiratory Seminar Day-26</td>
</tr>
<tr>
<td></td>
<td>ENPC-20</td>
</tr>
<tr>
<td>November</td>
<td>TNCC Wilbarger General-15</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed– Out Patient -4</td>
</tr>
<tr>
<td></td>
<td>ENPC-22</td>
</tr>
<tr>
<td></td>
<td>Rib Plating Cadaver Lab-10</td>
</tr>
<tr>
<td></td>
<td>Southwest Trauma Acute Care Surgery Webcast -100+</td>
</tr>
<tr>
<td>December</td>
<td>TNCC United Regional -24</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed MSU Instructors 5TNCC- 24</td>
</tr>
</tbody>
</table>

#### 2018

**January**
- TNCC-24
- Critical Incident Stress Management debriefing- 8
<table>
<thead>
<tr>
<th>Month</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>Child Passenger Safety In-service Post-Partum-22</td>
</tr>
<tr>
<td></td>
<td>Neonatal Transport Education NTRAC-12</td>
</tr>
<tr>
<td>February</td>
<td>Trauma Assessment MSU Nursing-50</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed SAFB Fire department-24</td>
</tr>
<tr>
<td></td>
<td>Child Passenger Safety-North Texas Childcare Ass-18</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed- Senior Leadership-12</td>
</tr>
<tr>
<td>March</td>
<td>Decontamination Drill-40+</td>
</tr>
<tr>
<td></td>
<td>NTRAC Trauma Conference-55</td>
</tr>
<tr>
<td></td>
<td>TNCC-24</td>
</tr>
<tr>
<td></td>
<td>Trauma Case Review</td>
</tr>
<tr>
<td></td>
<td>Cadaver Airway Training Residents-20</td>
</tr>
<tr>
<td>April</td>
<td>Active Shooter Drill-UR-15</td>
</tr>
<tr>
<td></td>
<td>Shattered Dreams Rider High School-400+</td>
</tr>
<tr>
<td></td>
<td>Advanced Trauma Life Support-12</td>
</tr>
<tr>
<td></td>
<td>Emergency Nurses Pediatric Course-24</td>
</tr>
<tr>
<td></td>
<td>Residents Chest Tube Training-20</td>
</tr>
<tr>
<td>May</td>
<td>Trauma Critical Care Conference- 58</td>
</tr>
<tr>
<td></td>
<td>Click it Or Ticket Media Event-20</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed Barnett Road- 48</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed - Windthorst VFD- 8</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed - HR 14</td>
</tr>
<tr>
<td>June</td>
<td>Stop the Bleed- Sunrise Optimist Club-16</td>
</tr>
<tr>
<td></td>
<td>Vernon College Health Fair-CPS 12</td>
</tr>
<tr>
<td></td>
<td>TNCC-24</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed- Throckmorton TXDot-12</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed- House Supervisors-7</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed- General Medical Staff Meeting-50+</td>
</tr>
<tr>
<td>July</td>
<td>Stop the Bleed - Residents-16</td>
</tr>
<tr>
<td>Month</td>
<td>Events</td>
</tr>
<tr>
<td>------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>August</td>
<td>Stop the Bleed - Electra 4H-8</td>
</tr>
<tr>
<td></td>
<td>Emergency Nurses Pediatric Course-20</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed - Sheppard Youth Center-25</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed- TXDot Wichita Falls-18</td>
</tr>
<tr>
<td></td>
<td>Trauma Nurse Core Curriculum-24</td>
</tr>
<tr>
<td></td>
<td><strong>August</strong></td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed - URPG</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed Training – WFISD-70</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed – Bowie ISD-100</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed – Burkburnett Clinic-10</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed – Holliday ISD – 90</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed – UR Quality – 14</td>
</tr>
<tr>
<td></td>
<td>Car Seat Check-2</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed – Electra-10</td>
</tr>
<tr>
<td>September</td>
<td>TNCC-22</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed – TXDOT (SW Pkwy)-18</td>
</tr>
<tr>
<td></td>
<td>Safety Seat Saturday - checked 33 seats and replaced 21, 9 boosters and 12 convertible seats</td>
</tr>
<tr>
<td>October</td>
<td>Stop the Bleed – Cowboy Church (Henrietta)-12</td>
</tr>
<tr>
<td></td>
<td>NTRAC Cardiac Education (Dr. Sudarshan)-40</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed –Iowa Park ISD (2 times) 92 &amp; 86</td>
</tr>
<tr>
<td></td>
<td>TCRN Review – Electra Hospital-4</td>
</tr>
<tr>
<td></td>
<td>Trauma Assessment-Vernon College-104</td>
</tr>
<tr>
<td></td>
<td>TNCC-20</td>
</tr>
<tr>
<td></td>
<td>Senior Focus Fall Prevention Table</td>
</tr>
<tr>
<td></td>
<td>Stop the Bleed-Vernon College-92</td>
</tr>
<tr>
<td></td>
<td>ENPC-14</td>
</tr>
<tr>
<td></td>
<td>Booster Seat check – Scotland Park School-14</td>
</tr>
<tr>
<td></td>
<td>Advanced Trauma Life Support-12 Physicians</td>
</tr>
<tr>
<td>November</td>
<td>Southwest Trauma Acute Care Surgery Webcast-112</td>
</tr>
<tr>
<td></td>
<td>Anatomy Lab EMS, Nursing, Students-88</td>
</tr>
<tr>
<td></td>
<td>Burkburnett/Windthorst High School Stop the Bleed/Anatomy Lab-70</td>
</tr>
<tr>
<td>Date</td>
<td>Activity</td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>January</td>
<td>CRT Training 10, IO Training 30, Stop The Bleed PSA Shoot, Donor Task Force</td>
</tr>
<tr>
<td>February</td>
<td>RAC 55, Stop The Bleed EMS Class 40</td>
</tr>
<tr>
<td>March</td>
<td>EMS Advanced TBI 12, Vernon Trauma Assessment 105, FBI Education, Stop The Bleed 10, Early Child Fair 100+, Donor Task Force, ED Trauma Class, MSU Trauma Lectures 75</td>
</tr>
<tr>
<td>April</td>
<td>RAC 62, ATLS 16, HCMH Trauma Training 12, Drug Take Back 35+, TNCC 24</td>
</tr>
<tr>
<td>May</td>
<td>Stop The Bleed &amp; Summer Safety, TPA/Stroke Education 15, Outreach Education, Donor Task Force, Car Seat Safety</td>
</tr>
</tbody>
</table>

2019

TNCC-24
Stop the Bleed-Vernon College EMS-20
NTRAC-48
Drug & Needle Take Back-243 lbs taken in – touched over 100 citizens
ENPC-18
<table>
<thead>
<tr>
<th>Month</th>
<th>Events</th>
</tr>
</thead>
</table>
| June          | RAC60  
                Car Seat Check 1  
                ATLS 24  
                Trauma Education  
                Stop The Bleed MSU 45  
                Trauma Education Graham  
                REBOA Training  
                Donor Task Force  |
| July          | Car Seat Check Off 2  
                Trauma Education 5  
                Stop The Bleed MSU Accelerated 35  
                Faith Community Education Fair 75+  
                HCMH Trauma Education 8  
                Active Shooter Meeting Nocona 15  
                Stop The Bleed MSU 20  |
| August        | RAC 45  
                TLS Graham 14  
                TLS Faith Community 15  
                Stop The Bleed Bowie 28  
                Stop The Bleed Archer City 42  
                Trauma Education  
                Car Seat Check 2  |
| September     | BRMB Active Shooter Drill  
                Active Shooter Drill Nocona Hospital 20  
                Trauma Education  
                Scarlett Hawk Drill  
                Stop The Bleed Covercraft 22  
                Donor Task Force  
                Stop The Bleed Burk ISD 375  |
| October       | Senior Focus-Fall prevention table 500+  
                Stop the Bleed IC EVANS Burk Burnett 115  
                Stop the Bleed Burk Jr. High 110  |
Stop the Bleed Burk High School

**November**
- NTRAC Cardiac Education 45
- ENPC 24
- Car Seat Check 2
- Stop the Bleed  Burk Rotary Club 13
- Vernon College Trauma Assessment and Stop the Bleed 110
- Drug Take Back 28
- Stop the Bleed Vernon ISD 200+
- Stop the Bleed Henrietta ISD 200+
- Active Shooter Drill Education Building
- ATLS 16
- STACS Conference 300+ WEBCAST

**December**
- Cadaver LAB/ Stop the Bleed 200+
- Stop the Bleed MSU 30
- Stop the Bleed  Field & Stream 6
- TNCC 24

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2.W. United Regional’s Cardiopulmonary Rehabilitation Department will continue to offer a pulmonary support group every other month entitled Breathsavers. This program is designed for adults with pulmonary diseases (COPD, asthma, emphysema and chronic bronchitis). Its purpose is to assist those afflicted with pulmonary disease to develop self-care skills for a more active life and to find support among others with pulmonary disease.

| Year | Month | Attendance | Topic
|------|-------|------------|-------------------------------------|
| 2017 | March | 23 attended | Heart Failure
|      | June  | 37 attended | Importance of Pulm. Rehab and COPD |
| 2018 | March | 30 attended | Idiopathic Pulmonary Fibrosis Videos |
|      | June  | 25 attended | Inogen (30 attendees) |
|      | November | 27 attended | Infection Control |
| 2019 | March | 2019- Idiopathic Pulmonary Fibrosis Videos (25 attendees) |
|      | July  | 2019- Inogen (30 attendees) |
|      | October | 2019- no speaker - just gave flu shots (8 shots given) |

Darrin French
2.X. United Regional will continue to provide the Tres Hood Cancer Resource Center. The Cancer Resource Center is designed in a library fashion and is available to clinical staff, patients and their family members. The center has a myriad of cancer education materials and a resource nurse available to help families learn more about cancer.

The materials in the Cancer Resource Center are updated quarterly by a staff member of the American Cancer Society. As requested, information is mailed to a member of the hospital’s Social Work department to be placed in the library.

2.Y. United Regional will continue to offer its Supportive Care program to assist patients who have chronic diseases to access the medical and emotional support needed to best manage their disease processes. The program helps patients with medication management, assistive equipment, counseling and referrals to other needed services to help ensure that they are getting the appropriate ongoing and long-term care they need to stay as functional as possible.

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of patients seen by the Palliative Care team:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>3,543</td>
</tr>
<tr>
<td>2018</td>
<td>2,541</td>
</tr>
<tr>
<td>2019</td>
<td>2,913</td>
</tr>
</tbody>
</table>

United Regional expanded Palliative Care services to clinic-based settings at URPG & Texas Oncology in August 2019 with 56 scheduled appointments through 12.31.2019.

2.Z. United Regional will continue to provide 55 Advantage, a senior affinity program held every other month. The program provides education for senior citizens on various health topics. In the past, topics have included: cardiopulmonary and cardiac rehab education, emergency department education about triage and when to go to the ED, hospitalists, importance of medication reconciliation, hearing loss, and diabetes. United Regional employs a 55 Advantage Specialist to oversee this program.

<table>
<thead>
<tr>
<th>Month and Year</th>
<th>Topic and Presenter</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 2017</td>
<td>Hardening of the Arteries with Dr. Bruce Palmer</td>
<td>321</td>
</tr>
<tr>
<td>April 2018</td>
<td>Alzheimer’s Disease with Susan Gross</td>
<td>241</td>
</tr>
<tr>
<td>June 2018</td>
<td>Skin Cancer with Dr. Mamad Bagheri</td>
<td>307</td>
</tr>
<tr>
<td>August 2018</td>
<td>Arthritis with Dr. Erin Shiner</td>
<td>282</td>
</tr>
<tr>
<td>October 2018</td>
<td>Medicare Supplements with Kelly Fristoe</td>
<td>195</td>
</tr>
<tr>
<td>December 2018</td>
<td>Heart Rhythm Disorders with Dr. Darpan Kumar</td>
<td>218</td>
</tr>
</tbody>
</table>

55 ADVANTAGE, 2017

55 ADVANTAGE, 2018
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 20</td>
<td>Hospitalists’ Role in Patient Care with Andre Desire and Dr. Arif Mahmood (192 attendance)</td>
<td></td>
</tr>
<tr>
<td>April 17</td>
<td>Advanced Care Planning: Making Your Wishes Known with Dr. Lee Rodgers (167 attendance)</td>
<td></td>
</tr>
<tr>
<td>June 19</td>
<td>The ABC’s of Diabetes with Dr. Kimberley Bourne (133 attendance)</td>
<td></td>
</tr>
<tr>
<td>August 14</td>
<td>Managing Osteoarthritis with Dr. Vanya Wagler and Risks of Heart Disease with Dr. Siram Sudarshan (166 attendance)</td>
<td></td>
</tr>
<tr>
<td>October 16</td>
<td>I’ve been discharged – Now What Do I Do with Dr. Brian Hull (227 attendance)</td>
<td></td>
</tr>
<tr>
<td>December 18</td>
<td>Link Between Hearing Loss and Dementia with Dr. Jed Grisel (233 attendance)</td>
<td></td>
</tr>
</tbody>
</table>

**2019 - 55 ADVANTAGE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 26</td>
<td>Colorectal Cancer, Prevent It! with Dr. Christopher Morrison (attendance 210)</td>
<td></td>
</tr>
<tr>
<td>June 25</td>
<td>10 Ways to Love Your Brain with Susan Gross with the Alzheimer’s Association (attendance 261)</td>
<td></td>
</tr>
<tr>
<td>October 1</td>
<td>It’s a Stall World After All with Dr. Paul Morrison (attendance 260)</td>
<td></td>
</tr>
<tr>
<td>December 17</td>
<td>Healthy Eating with Hannah Lacey, dietitian with United Regional (attendance 196)</td>
<td></td>
</tr>
</tbody>
</table>

2.AA. United Regional will continue to provide medication reconciliation for all patients through the combined efforts of physicians, nurses and pharmacists.

**2017**

United Regional has performed a Medication Reconciliation Quality Improvement initiative to enhance the quality of the process during the time period from January 1<sup>st</sup> through June 30<sup>th</sup>, 2017. This project has involved physicians, nurses, pharmacy, social work, and clinical informatics team members. Improvements have been made to the process after thorough review. The front line staff members have been educated on the improvements and were then implemented. Data is continuously being monitored to ensure that the changes improve the care and safety for our patients. The team is committed to continually reviewing the process and efforts to improve it are ongoing.

Nathan Wooten, Doan Noe
2018
The process improvement project for Admission Medication Reconciliation officially ended 12/31/2017. The overall education provided to nursing and physicians improved the process as well as the implementation of Pharmacy technicians in gathering medication histories for those patients being admitted from the ED. In fact, our pharmacy technicians are consistently seeing at least 20% of admitted patients through the ED and work to obtain the most accurate medication histories as possible. This helps the admission team (physician and nurses) have the most appropriate information when the patient arrives to the floor. At this time, we continue to monitor the progress via VERGE reports and those events related to medication reconciliation have declined by 70% in 2017 compared to 2016. The current challenge in the near future is to see how to adapt current process improvements in workflow and translate them to the new EHR system being implemented in 2019.
In the latter half of 2018, the data was refined to enable review of the number of admissions that involve the collection of medication history by Pharmacy Technicians. It was seen that during the time a Pharmacy Technician is scheduled to collect the medication history, they are able to perform this dedicated service for over 40% of the patients that come through the ED, when they are scheduled. The Pharmacy Technician is allowed more time to ask more thorough questions related to compliance and able to clarify home medications the patient is taking. The patient is encouraged to take their time and provide as much information as possible, to ensure the correct history is collected. This service allows Physicians and nurses to tend to other tasks at hand, while being able to access thorough and correct information to make clinical decisions, when needed. The work with medication
### 2.AB. United Regional will participate in the Health Coalition of Wichita County’s initiatives to increase collaboration and communication among community health partners.

The Coalition’s initiatives include:
- Develop a plan to ensure the continuation of community coalition,
- Implement an annual health services summit that bring together health and human services providers,
- Develop a communication framework that facilitates communication and collaboration among community partners,
- Develop standardized processes that comply with applicable state and federal laws and will enable service providers to share information electronically,
- Educate providers on the importance of and processes by which care can be coordinated, and
- Develop tools for personal record keeping and contact information of care providers accessible by patient and caregivers.

### Collaboration and communication among community health partners.

- United Regional continues to coordinate its Community Partners Group which is comprised of individuals representing healthcare providers including, but not limited to, nursing homes, home health, DME, SNF & rehab facilities, hospice, retirement centers, hospitals, EMS, etc. The overall purpose of the group is to help ensure smooth transitions of patients between and among various health care entities within the community, providing appropriate care and communication throughout the care continuum.

#### 2019

No current education ongoing. Medication Reconciliation is part of the daily routine within EPIC system.

#### 2018

- The Community Partner’s Group developed and offered training to post-acute care organizations related to:
  - PICC Care and Maintenance
  - Sepsis Prevention and Treatment
  - Caring for Heart Failure Patients
  - Caring for Diabetic Patients
  - Advance Directive for Staff
  - AdvanceDirective for Patients/Families
  - Basic Wound Care

- Enabling service providers to share information electronically.
  - United Regional provides a tab on its website homepage entitled “Community Partners.”

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Nancy Townley
### 2018
United Regional has implemented the use of social media to engage Community Partners in learning and collaboration opportunities. Information about events and collaboration opportunities is shared on the United Regional Community Partners Facebook page. Members are encouraged to join the Facebook page.

### 2019
The Community Partner’s Group continued to offered training to post-acute care organizations related to:
- PICC Care and Maintenance
- Sepsis Prevention and Treatment
- Caring for Heart Failure Patients
- Caring for Diabetic Patients
- Advance Directive for Staff
- Advance Directive for Patients/Families
- Basic Wound Care

United Regional implemented a pilot program to provide care coordination services to patients discharging from the hospital to selected post-acute care facility partners. The care coordination team conducted 753 visits. The team continues to meet with community partners to share data, findings, and collaborate on process improvements.

United Regional partnered with the Community Health Care Center to provide primary care services to high risk uninsured/underinsured patients. United Regional has initiated 482 referrals to CHCC for program enrollment.

United Regional partnered with Guffey’s Drug Store to provide medication assistance to high risk uninsured
patients. United Regional has provided $18,983.47 in medication assistance through this program.

United Regional also provided medication grant program navigation assistance to high risk uninsured/underinsured patients through the Transition Clinic. The program assists patients in applying for manufacturer assistance/grant programs. The program has resulted in 79 patients being approved for programs providing approximately $38,513.25 in medications.

United Regional partnered with Lyft to provide transportation to high risk patients to and from necessary medical appointments and post-acute services. The program has provided 578 rides.

United Regional partnered with Wichita Falls Faith Mission through the Transition Clinic to provide an on-site wellness clinic providing basic medical care and screenings to the community. The program has conducted 145 appointments.

United Regional utilizes the LiveWellWichitaCounty website as a resource to identify and refer patients to appropriate resources.

| 2.AC. United Regional will continue to support the various groups in the community through multiple sponsorships of programs and events that benefit the community, the majority of which have a health-related initiative behind their purpose. Examples of sponsorships include, but are not limited to: Midwestern State University Simulation Center, Hospice of Wichita Falls, American Cancer Society’s Relay for Life, SIDS and Kids, American Red Cross, Leadership Wichita Falls, Hospice, United Way, Race for the Cure, Wichita Falls ISD sports program, Falls Fest, Martin Luther King Breakfast, Sheppard Air Force Base, Project Back to School, etc. |
| Hospital Sponsorships, 2017 |
| • Martin Luther King Center Breakfast – January 21 |
| • Chamber of Commerce Annual Meeting – January 25 |
| • Alzheimer’s Assoc. “Night To Remember” – January 28 |
| • Heart of a Woman/Woman’s Expo - February 4 |
| • ARC “Boot Scooting Boogie” – February 4 |
| • Leadership WF – February 23 & 28 |
| • United Way Chili Cookoff – February 24 |
| • Special Olympics – March 4 |
| • Breastfeeding Coalition Mom Prom – March 4 |

Kim Maddin
January 1, 2017 – December 31, 2019
United Regional Health Care System
CHNA Implementation Plan
Status Report

- Peyton’s Project “Spurs and Pearls” – March 25
- Hospice of WF – Golf Tournament - May 1
- Kid’s Fest – May 4
- High Heels for Hot Meals – (The Kitchen, Meals on Wheels program) – May 11
- American Red Cross Home Fire Campaign – May 25
- Sids and Kids – May 25
- American Cancer Society - Relay for Life – June 3
- WF Leadership Breakfast – July 14
- SAFB Military Affairs Committee – August
- Project Back to School – August 12
- Hotter’N Hell Hundred – August 26
- Auditory Implant Initiative – October 7
- Empty Bowls – October 10
- Chamber of Commerce Business Expo – October 12
- Susan G. Komen Race for the Cure – October 14
- Latin Gala – October 20
- Interfaith Oh Christmas Tree – November 16

**Hospital Sponsorships, 2018**
- SAFB Military Affairs Committee
- Martin Luther King Center Breakfast – January 20
- Alzheimer’s Assoc. “Night To Remember” – January 20
- WF Leadership Boots and Bling – February 3
- Heart of a Woman/Woman’s Expo - February 10
- Peyton’s Project “Spurs and Pearls” – February 24
- Leadership WF – March 1 (youth) & April 3 (adults)
- Breastfeeding Coalition Mom Prom – March 4
- Faith Community Hospital Walk – March 17
- Special Olympics Superstars Bowl – April 6
- Fallstown Dancing Through History – (The Kitchen, Meals on Wheels program) – April 28
- ARC Casino Night – May 4
<table>
<thead>
<tr>
<th>Event Description</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospice of WF – Golf Tournament</td>
<td>May 7</td>
</tr>
<tr>
<td>North Texas Senior Games – May 18-19</td>
<td></td>
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<tr>
<td>WFHS Senior Safe Night</td>
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<tr>
<td>Rider Senior Safe Night</td>
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<tr>
<td>Wichita County Mounted Patrol Rodeo</td>
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<tr>
<td>American Cancer Society - Relay for Life – June 1</td>
<td></td>
</tr>
<tr>
<td>Helen Farabee Center “Peace of Mind” – June 23</td>
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<tr>
<td>WCS Leadership Breakfast – June 29</td>
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<tr>
<td>Project Back to School – August 4</td>
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<tr>
<td>Hotter’N Hell Hundred – August 25</td>
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<tr>
<td>Early Childhood Coalition – October 4</td>
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<tr>
<td>Susan G. Komen Race for the Cure – October 6</td>
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<tr>
<td>Empty Bowls – October 10</td>
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<tr>
<td>Patsy’s House Bingo, Bags and Badges – October 13</td>
<td></td>
</tr>
<tr>
<td>Latin Gala – October 13</td>
<td></td>
</tr>
<tr>
<td>Rock Steady Boxing – Parkinson Disease</td>
<td></td>
</tr>
<tr>
<td><strong>Hospital Sponsorships, 2019</strong></td>
<td></td>
</tr>
<tr>
<td>SAFB Military Affairs Committee</td>
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</tr>
<tr>
<td>Rock Steady Boxing</td>
<td></td>
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<tr>
<td>WF Alliance for the Arts</td>
<td></td>
</tr>
<tr>
<td>Martin Luther King Center Breakfast – January 19</td>
<td></td>
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<tr>
<td>Camp Chaparral Baptist Assembly</td>
<td></td>
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<tr>
<td>WFISD Career Education Classroom</td>
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<tr>
<td>Heart of a Woman/Woman’s Expo - February 10</td>
<td></td>
</tr>
<tr>
<td>Peyton’s Project “Spurs and Pearls” – February 23</td>
<td></td>
</tr>
<tr>
<td>Alzheimer’s Assoc. “Night To Remember” – March 2</td>
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</tr>
<tr>
<td>Leadership WF – February 25 (youth) &amp; March 26 (adults)</td>
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</tr>
<tr>
<td>The Kitchen – High Heels for Hot Meals – April 11</td>
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<tr>
<td>Hospice of WF – Golf Tournament - May 6</td>
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<tr>
<td>North Texas Senior Games – May 17-18</td>
<td></td>
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<tr>
<td>WFHS Senior Safe Night – May 24</td>
<td></td>
</tr>
<tr>
<td>Rider High School Senior Safe Night – May 24</td>
<td></td>
</tr>
</tbody>
</table>
### Sports Medicine (Injury, Prevention & Treatment), 2017

- Official Health Care Provider for MSU Athletics and the Wichita Falls Nighthawks
- Express Soccer Tournament – March 4
- PRCA Rodeo – April 21-22
- Patsy’s House Softball Tournament – April 28-29
- Hirschi Athletic Booster Golf Tournament – May 20
- Green Belt Bowl – June 10
- Texoma Youth Baseball
- Barwise Jog a Thon – October 27
- West Swim Team – October
- Fantasy of Lights Basketball – November 24-25
- WF Classic Basketball Tournament – December 2

### Sports Medicine (Injury, Prevention & Treatment), 2018

- Official Health Care Provider for MSU Athletics
- Rider Soccer Tournament – January 12-13
- Express Soccer Tournament – March 3
- THOR medical tent – April 7
- Patsy’s House Softball Tournament – May 3-4
- Hirschi Athletic Booster Golf Tournament – May 20
- Burkburnett Booster Golf Tournament – May 12
- Wichita County Mounted Patrol Rodeo - May
2. AD. United Regional will continue to lead the implementation of the Health Information Exchange (HIE) which will allow hospitals, physician practices and other health care providers within the community/region to access to their respective patients’ health information to help improve efficiency and effectiveness of patient care among handoffs to community providers. Local and regional physicians, hospitals and nursing facilities are joining to share information across the continuum of care including Electra Memorial Hospital, Kell West Regional Hospital, Healthsouth Rehabilitation Hospital and Texoma Christian Care Center.

2017
Currently, we have established connections with URPG (Nextgen), Electra Memorial Hospital, and Kell West. We have signed participation agreements with Faith Community Hospital and Graham Regional Hospital. A participation agreement has been sent to Wilbarger General Hospital. We are currently receiving orders from and sending results directly into the Nextgen solution. Additionally, we are submitting data from Nextgen into the HIE client portal. Submission of CCDAs from Nextgen to the HIE portal will be completed in the first quarter of 2018. Kell West is importing their data into the HIE portal. Faith Community and Graham Regional are both in the early stages of connectivity.
We are in the final stages of end to end testing with Texoma Christian Care Center and Pulmonary Services of North Texas.
We are also working with HHSC on a potential funding source through CMS. CMS is completing their review of the data submitted through HHSC. We are in conversations with Texas Health Services Authority about establishing connectivity with HIE Texas.

2018
Currently, we have established connections with URPG (Nextgen), Electra Memorial Hospital, and Kell West. We have signed participation agreements with Faith Community Hospital and Graham Regional Hospital. A participation agreement has been sent to Wilbarger General Hospital.
We are currently receiving orders from and sending results directly into the Nextgen solution. Additionally, we are submitting data from Nextgen into the HIE client portal. Submission of CCDAs from Nextgen to the HIE portal will be completed in the first quarter of 2018.
Kell West is importing their data into the HIE portal. Connectivity to Faith Community has been completed and some preliminary testing completed. All HIE related activity has been placed on hold due the Epic implementation.

2019
We successfully transitioned from a best of breed suite of applications to Epic’s integrated solution. As such, we retired our Allscripts, Nextgen, and Soft Computing applications. We did maintain our Cerner HIE platform as we were successful in migrating our connections from the legacy applications to Epic. We are currently submitting data from United Regional to the HIE while maintaining our connections with Electra Memorial and Kell West.
2.AE. United Regional will continue to provide patients upon admission with a “discharge planning notebook” that helps patients and family members better prepare for discharge and the next venue of care. The notebook contains information and resources, based on the patient’s diagnosis and specific need, on home health, rehabilitation, long term care, disease-specific management, medication management and community organizations that provide support to persons in the community.

<table>
<thead>
<tr>
<th>Year</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>Binders Provided (Jan-Sept): 11,318&lt;br&gt;• Protocol: Nurse that complete patient assessment reviews the binder at admission, information updated throughout stay, nurse reviews binder material again with patient in discharge process.&lt;br&gt;• October 2017: Discharge binders replaced with folders for process improvement. Oct-Dec: 3,750&lt;br&gt;• The discharge folders and discharge process were assessed by a focus group of former patients who provided input for implemented improvements.</td>
</tr>
<tr>
<td></td>
<td>Total: 15,068 Combined binders and folders</td>
</tr>
<tr>
<td>2018</td>
<td>Protocol: working document /folder throughout stay of patient, all disciplines can utilize to have the TEAM approach for patient care and providing patients what they need before they leave&lt;br&gt;• New utilization in the Mother baby area and ED</td>
</tr>
<tr>
<td></td>
<td>Discharge folders utilized:&lt;br&gt;• Inpatient 9,713&lt;br&gt;• Bridwell Tower 5,349&lt;br&gt;• ED 50,000</td>
</tr>
<tr>
<td>2019</td>
<td>No major protocol changes. Minor adjustments to folder contents and verbiage&lt;br&gt;• Addition of Ambulatory Surgery Folder</td>
</tr>
<tr>
<td></td>
<td>Discharge folders utilized:&lt;br&gt;• Inpatient 14,526&lt;br&gt;• Post-Partum 2,492&lt;br&gt;• ED 73,960</td>
</tr>
</tbody>
</table>
2.AF. United Regional will continue the process of hospital based case managers to follow up with identified patients related to chronic conditions, such as heart failure and diabetes, to provide discharge instructions and patient education regarding symptom management, medication management to help them avoid readmissions.

<table>
<thead>
<tr>
<th>Year</th>
<th>Interventions (interactions)</th>
<th>Assessments completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>- Total all hospital: 92,068</td>
<td>- In-house: 7,887, ER: 5,686</td>
</tr>
<tr>
<td>2018</td>
<td>- Total all hospital: 104,489</td>
<td>- In-house: 7,970, ER: 5,118</td>
</tr>
</tbody>
</table>

2.AG. United Regional support various community health initiatives through sponsorship or participation on a limited basis. Initiatives include Relay for Life, Sids and Kids, Hospice, Race for the Cure, Project Back to School, Kids Fest, and more.

**Hospital Sponsorships, 2017:**
- Martin Luther King Center Breakfast – January 21
- Chamber of Commerce Annual Meeting – January 25
- Alzheimer’s Assoc. “Night To Remember” – January 28
- Heart of a Woman/Woman’s Expo - February 4
- ARC “Boot Scooting Boogie” – February 4
- Leadership WF – February 23 & 28
- United Way Chili Cookoff – February 24
- Special Olympics – March 4

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Kristi Curd

Kim Maddin
Breastfeeding Coalition Mom Prom – March 4
Peyton’s Project “Spurs and Pearls” – March 25
Hospice of WF – Golf Tournament - May 1
Kid’s Fest – May 4
High Heels for Hot Meals – (The Kitchen, Meals on Wheels program) – May 11
American Red Cross Home Fire Campaign – May 25
Sids and Kids – May 25
American Cancer Society - Relay for Life – June 3
WF Leadership Breakfast – July 14
SAFB Military Affairs Committee – August
Project Back to School – August 12
Hotter’N Hell Hundred – August 26
Auditory Implant Initiative – October 7
Empty Bowls – October 10
Chamber of Commerce Business Expo – October 12
Susan G. Komen Race for the Cure – October 14
Latin Gala – October 20
Interfaith Oh Christmas Tree – November 16

**Hospital Sponsorships, 2018**

- SAFB Military Affairs Committee
- Martin Luther King Center Breakfast – January 20
- Alzheimer’s Assoc. “Night To Remember” – January 20
- WF Leadership Boots and Bling – February 3
- Heart of a Woman/Woman’s Expo - February 10
- Peyton’s Project “Spurs and Pearls” – February 24
- Leadership WF – March 1 (youth) & April 3 (adults)
- Breastfeeding Coalition Mom Prom – March 4
- Faith Community Hospital Walk – March 17
- Special Olympics Superstars Bowl – April 6
- Fallstown Dancing Through History – (The Kitchen, Meals on Wheels program) – April 28
- ARC Casino Night – May 4
- Hospice of WF – Golf Tournament - May 7
- North Texas Senior Games – May 18-19
- WFHS Senior Safe Night
- Rider High School Senior Safe Night
- American Cancer Society - Relay for Life – June 1
- Helen Farabee Center “Peace of Mind” – June 23
- WCS Leadership Breakfast – June 29
- Project Back to School – August 4
- Hotter’N Hell Hundred – August 25
- Susan G. Komen Race for the Cure – October 6
- Patsy’s House Bingo, Bags and Badges – October 13

**Community Sponsorships, 2019**

- SAFB Military Affairs Committee
- Rock Steady Boxing
- WF Alliance for the Arts
- Martin Luther King Center Breakfast – January 19
- Camp Chaparral Baptist Assembly
- WFISD Career Education Classroom
- Heart of a Woman/Woman’s Expo - February 10
- Peyton’s Project “Spurs and Pearls” – February 23
- Alzheimer’s Assoc. “Night To Remember” – March 2
- Leadership WF – February 25 (youth) & March 26 (adults)
- The Kitchen – High Heels for Hot Meals – April 11
- Hospice of WF – Golf Tournament - May 6
- North Texas Senior Games – May 17-18
- WFHS Senior Safe Night – May 24
- Rider High School Senior Safe Night – May 24
- American Cancer Society - Relay for Life – June 1
- WCS Leadership Breakfast – June 29
- Project Back to School – August 10
- Hotter’N Hell Hundred – August 24
2.AH. United Regional will continue to host and participate in blood drives throughout the year.

<table>
<thead>
<tr>
<th>Year</th>
<th>Units of Blood Donated</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>327 units</td>
</tr>
<tr>
<td>2018</td>
<td>357 units</td>
</tr>
<tr>
<td>2019</td>
<td>260 units</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sports Medicine (Injury, Prevention &amp; Treatment) Sponsorships, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Official Health Care Provider for MSU Athletics</td>
</tr>
<tr>
<td>• FC Wichita Falls Soccer</td>
</tr>
<tr>
<td>• West Swim Team</td>
</tr>
<tr>
<td>• Rider Soccer Tournament – January 10-12</td>
</tr>
<tr>
<td>• Express Soccer Tournament – March 2</td>
</tr>
<tr>
<td>• THOR medical tent – April 6</td>
</tr>
<tr>
<td>• WF PRCA Rodeo – April 26-27</td>
</tr>
<tr>
<td>• Wichita County Mounted Patrol Rodeo – May 31</td>
</tr>
<tr>
<td>• Green Belt Bowl – June 8</td>
</tr>
<tr>
<td>• TO Junior Golf Tournament – June 17-19</td>
</tr>
<tr>
<td>• Patsy’s House Softball Tournament – June 21-22</td>
</tr>
<tr>
<td>• Barwise Jog a Thon – October</td>
</tr>
<tr>
<td>• Fantasy of Lights Basketball – November 29-30</td>
</tr>
<tr>
<td>• WF Classic Basketball Tournament – December 7</td>
</tr>
</tbody>
</table>

Susan G. Komen Race for the Cure – October 5
Patsy’s House Bingo, Bags and Badges – October 12
Empty Bowls – October 15
SAFB Air Show – October 26-27
Base Camp Lindsey Muck Run – November 9

Karen Bitsche
### Priority 3: Access to Affordable Care and Reducing Health Disparities among Specific Populations

<table>
<thead>
<tr>
<th>Activity</th>
<th>Impact &amp; Evaluation:</th>
<th>Current Status</th>
<th>Person(s) Responsible</th>
</tr>
</thead>
</table>
| 3.A. United Regional will continue to provide medical care to all patients in need, regardless of their ability to pay. In addition to its internally-provided charity program, United Regional is a health care provider under the State of Texas Medicaid Program and a mandated provider under the Wichita County Indigent Program. | Charity Care Cost, 2017  
- URPG – $277,877  
- United Regional – $19,842,742  
Charity Care Cost, 2018:  
- URPG – $387,623  
- United Regional – $31,394,000  
Charity Care Cost, 2019:  
- URPG – $731,000  
- United Regional – $29,400,000 | Bob Pert |
| 3.B. United Regional will continue to work to encourage physicians new to the community to accept all payer classes. | All United Regional Physician Group physicians accept patients from all payer classes. | Nancy Townley, Vicki Finnell |
| 3.C. United Regional will continue to provide office space for two Texas Department of Health and Human Services staff members and 50% of their monthly operating cost to assist families with qualification for Medicaid services. | We pay $1,426/ month for our state worker. We pay for one case worker and the other one is provided to us.  
Annual operating cost is $17,112.00 | Bob Pert |
| 3.D. United Regional employs a staff member to find financial coverage for specialty drugs necessary for certain patient care, which in turn lowers costs borne within the community. Specifically, the program identifies infusion patients who have no insurance or limited insurance coverage for the medications they need (drugs that can cost as much as $5,000 per dose) to treat their disease, often cancer. Specifically, United Regional provides assistance to cancer patients to obtain special assistance from drug companies for those who qualify for free or reduced price chemotherapy agents. | 2017  
29 individual patients assisted  
$336,202.60 drug replacement provided  
$1,497,424.61 credited towards patient accounts  
2018  
11 individual patients assisted  
$210,894.45 drug replacement provided  
$868,635.78 credited towards patient accounts  
2019  
20 individual patients assisted  
$469,731.52 drug replacement provided | Michelle Nelson |
3.E. Physician referral, class registration, and nurse triage services will continue to be offered at no charge to the community through the United Regional’s “Call-A-Nurse” phone line. Referrals are provided for local physicians as well as other community health care services.

2017
Call-A-Nurse January 1 – December 31, 2017
- Physician Referral Calls – 420
- Service Referral Calls – 553
- Classes Enrolled – 1,652
- Nurse Triage calls – 3,249

2018
Call-A-Nurse: January to December 31, 2018
- Physician Referral Calls – 363
- Service Referral Calls – 611
- Classes Enrolled – 1,895
- Nurse Triage calls – 3,867

2019
Call-A-Nurse: January to December 31, 2019
- Physician Referral Calls – 284
- Service Referral Calls – 421
- Classes Enrolled – 1,670
- Nurse Triage calls – 3,270

3.F. United Regional will continue to provide families who frequent the Emergency Department for non-emergency pediatric care with brochures and information about CarePlus walk-in clinic.

2017
2,575 books were mailed January 1 – December 31, 2017

2018
1,965 books were mailed January 1 – December 31, 2018

2019
974 books were mailed 1st and 2nd quarter of 2019. No more were mailed due to Epic.

3.G. United Regional will continue to host Senior Focus, which provides health information for seniors with approximately 1,500 in attendance. Educational topics include diabetes, mammography, cardiac disease, senior safe driving, fall prevention, and stroke education. Screenings are provided free of charge and include blood pressure, peripheral artery disease, blood sugar, and

2017
Senior Focus was held on Saturday, September 30, 2017.
- 215 wellness panels provided
- 73 PSAs for men provided
- 370 flu shots

Kim Maddin
pulmonary function testing. A wellness panel screening (cholesterol and full lipid panel) is provided at no cost and PSAs are also provided. In addition, flu shots are provided free of charge to those in attendance.

### 3.H. United Regional will continue to operate its Heart Failure Clinic

All heart failure patients are scheduled to follow-up at the Heart Failure Clinic within one (1) week of hospital discharge to assess post-discharge health, address lifestyle changes to help stay healthy, and avoid readmission. The clinic takes all payer sources and those without insurance.

<table>
<thead>
<tr>
<th>Year</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>The Heart Failure Clinic has provided care to 277 individual patients through December 31st, 2017. There have been 1,242 kept appointments during this time.</td>
</tr>
<tr>
<td>2018</td>
<td>The Heart Failure Clinic has provided care to 407 individual patients through December 31st, 2018. There have been 1,552 kept appointments during this time.</td>
</tr>
<tr>
<td>2019</td>
<td>The Heart Failure Clinic has provided care to approximately 434 individual patients through December 31st, 2019. There have been 2,080 kept appointments during this time.</td>
</tr>
</tbody>
</table>

### 3.I. United Regional will continue to partner with outside organizations to connect patients to community resources.

<table>
<thead>
<tr>
<th>Year</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>Resource lists are provided to outside organizations.</td>
</tr>
<tr>
<td>2018</td>
<td>Education on how to provide resources to their patients and communities (TPC and DSRIP programs) is provided through networking with other hospitals and service organizations.</td>
</tr>
<tr>
<td>2019</td>
<td>Education, resources, and information are provided to the Community Partners group and post-acute care providers.</td>
</tr>
<tr>
<td></td>
<td>Ad – Hoc teams on how to improve communication and inter-facility resources are</td>
</tr>
</tbody>
</table>
also provided to Community Partners on an ongoing basis.

**2018**
The Community Partner’s Group developed and offered training to post-acute care organizations related to:
- PICC Care and Maintenance
- Sepsis Prevention and Treatment
- Caring for Heart Failure Patients
- Caring for Diabetic Patients
- Advance Directive for Staff
- Advance Directive for Patients/Families
- Basic Wound Care

**2019**
The Community Partner’s Group continued to offer training to post-acute care organizations related to:
- PICC Care and Maintenance
- Sepsis Prevention and Treatment
- Caring for Heart Failure Patients
- Caring for Diabetic Patients
- Advance Directive for Staff
- Advance Directive for Patients/Families
- Basic Wound Care

United Regional implemented a pilot program to provide care coordination services to patients discharging from the hospital to selected post-acute care facility partners. The care coordination team conducted 753 visits. The team continues to meet with community partners to share data, findings, and collaborate on process improvements.

United Regional partnered with the Community Health Care Center to provide primary care services to high risk uninsured/underinsured patients. United Regional has initiated 482 referrals to CHCC for program enrollment.
United Regional partnered with Guffey’s Drug Store to provide medication assistance to high risk uninsured patients. United Regional has provided $18,983.47 in medication assistance through this program.

United Regional also provided medication grant program navigation assistance to high risk uninsured/underinsured patients through the Transition Clinic. The program assists patients in applying for manufacturer assistance/grant programs. The program has resulted in 79 patients being approved for programs providing approximately $38,513.25 in medications.

United Regional partnered with Lyft to provide transportation to high risk patients to and from necessary medical appointments and post-acute services. The program has provided 578 rides.

United Regional partnered with Wichita Falls Faith Mission through the Transition Clinic to provide an on-site wellness clinic providing basic medical care and screenings to the community. The program has conducted 145 appointments.

United Regional utilizes the LiveWellWichitaCounty website as a resource to identify and refer patients to appropriate resources.

3.J. United Regional employees will continue to have the opportunity to donate to the Compassion Fund through the annual employee giving program Spirit of Giving. Proceeds from the Compassion Fund go towards helping discharged patients in a variety of ways including helping to pay for drugs or equipment that they would otherwise not be able to afford.

The 2016-2017 SOG received pledges of $41,634.01. The Compassion Fund will not be a part of the 2017-2018 campaign (Friendship Fund instead.) One gift of $10,000 was received. The 12/31/17 balance of the Compassion was $60,580.

2018-2019 SOG raised $40,753 for the Compassion Fund. Current balance (11/30/18; we do not have December financials yet) is $62,476.
3.K. United Regional will continue to provide United Regional Physician Group's CarePlus primary care walk-in clinic, which provides a lower cost option than an emergency room for minor injury and illness such as colds, flu, fever, coughs, earaches, headaches, upset stomachs, sprain, lacerations, and the like. CarePlus is open to the entire community not just patients of United Regional Physician Group physicians.

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>17,492</td>
</tr>
<tr>
<td>2018</td>
<td>19,885</td>
</tr>
<tr>
<td>2019</td>
<td>24,451</td>
</tr>
</tbody>
</table>

The Spirit of Giving Campaign, which was held in late 2019, provided employee the opportunity to donate to another campaign to assist in funding programs that provided care to patients within the community.
## Priority 4: Access to Affordable, High Nutritional Quality Food

<table>
<thead>
<tr>
<th>Activity</th>
<th>Impact &amp; Evaluation:</th>
<th>Current Status</th>
<th>Person(s) Responsible</th>
</tr>
</thead>
</table>
| 4.A. United Regional will collaborate as appropriate with the Health Coalition of Wichita County in the following activities identified by the Coalition:  
- Develop and implement a communications campaign to encourage healthy lifestyle choices,  
- Increase Wichita County community members’ intake of healthy food choices, and  
- Increase community levels of physical activity. | United Regional supports the Health Coalitions initiatives for healthy lifestyles, healthy food choices and physical activity through:  
- Articles in our Healthy You magazine  
- United Regional Facebook page posts  
- Implementation of the Healthy Food Box program  
- Implementing healthy food options in our Dining Room (see 4.D.) for our employees and guests  
- Supporting events in our community that include sports and other physical activities (see 2.AC.) | | Nancy Townley |

### 2018
- United Regional Physician Group is partnering with the Health District to promote prevention screenings such as colonoscopies, mammograms, etc.  
- United Regional Services are also listed on their newly launched Living Well web site – [http://livewellwichitacounty.com/programs](http://livewellwichitacounty.com/programs)

### 2019
The Health Coalition of Wichita County disbanded in 2019.

4.B. In conjunction with the Wichita Falls Area Food Bank, United Regional works to provide healthy food boxes for patients participating in Diabetes Education, Heart Failure Clinic, and Outpatient Infusion and post-operative patients who are food insecure. Compassion Fund at United Regional Foundation provides these boxes, which contain a variety of nonperishable food items.

### 2017 - The Healthy Food box program has provided 182 food boxes to patients and families through December 31st, 2017.

### 2018 - The Healthy Food box program has provided 324 food boxes to patients and families through December 31, 2018. (This will increase dramatically in 2019.) At $17.34 per box total expended in 2018 for boxes was $5,626.62.

### 2019 – The Healthy Food Box program has provided 546 food boxes to patients and families through December 31, 2019 for an approximate total of $8,654.10

<table>
<thead>
<tr>
<th>Impact &amp; Evaluation:</th>
<th>Current Status</th>
<th>Person(s) Responsible</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017 - The Healthy Food box program has provided 182 food boxes to patients and families through December 31st, 2017.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2018 - The Healthy Food box program has provided 324 food boxes to patients and families through December 31, 2018. (This will increase dramatically in 2019.) At $17.34 per box total expended in 2018 for boxes was $5,626.62.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2019 – The Healthy Food Box program has provided 546 food boxes to patients and families through December 31, 2019 for an approximate total of $8,654.10</td>
<td></td>
<td>Foundation &amp; Michelle Nelson</td>
</tr>
<tr>
<td>Section</td>
<td>Description</td>
<td>Details</td>
</tr>
<tr>
<td>---------</td>
<td>-------------</td>
<td>---------</td>
</tr>
</tbody>
</table>
| 4.C. | United Regional will continue to sponsor the High Heels for Hot Meals event, which benefits The Kitchen. The Kitchen provides food for seniors as well as the local Meals on Wheels program. | 2017 - United Regional sponsored High Heels for Hot Meals at a level of $5,000. The event was held on Thursday, May 11, 2017.  
2018 - United Regional sponsored Falls Town Dancing Through History on April 21, 2018 at a level of $2,500.  
2019 - United Regional sponsored High Heels for Hot Meals at a level of $2,500. The event was held on April 11, 2019. |
| 4.D. | United Regional will continue to provide healthy options in its hospital dining room, as well as to focus on healthy lifestyle promotion. The hospital dining room highlights healthy food options by displaying calorie counts and nutritional panels, offering discounted rates for healthier meal options, and a salad bar. | 2017 - Calorie information is provided on 100% of the items served in our dining room.  
We have a wellness wall that is featured at the entrance of our dining room that features a Dietitian top pick, quarterly/seasonal healthy newsletters featuring recipes, and most recently adding the “Feed Your Potential” Platform that Aramark has introduced. Feed Your Potential 365, a health and well-being campaign that will be an ongoing part of Aramark’s Healthy for Life commitment. The goal of program is that we want to help people discover what healthy food can do to feed their potential and accomplish their best.  
100% of the served Aramark menu is on MyFitnessPal, a free app that allows consumers to track their calories/nutrition from their phone.  
Aramark is partnered with the American Heart Association to improve the health of all |

Kim Maddin  
Vicki Boyle
American’s 20 percent by 2020. This Healthy for Life 20 by 20 initiative is innovative because it combines industry leading menu commitments with nationwide community health programs AND consumer education and engagement. Aramark has evolved its healthy menu to realize a 20% health impact across all of the foods and beverages we serve reflecting: A 20% reduction in calories, saturated fat and sodium. A 20% increase in fruits, vegetables and whole grains. In our dining room we have done this in all areas (grab n go, home line, salad bar, soups, deli, and grill). Our beverage cooler now feature the majority of items that are low or now sugar. We have 3 water options. The 2nd beverage cooler has all of the unhealthy sodas on the very bottom and out of the line of sight to the consumer. The consumer has to search for the unhealthy bottled drink.

- We have changed our cookies to a Craveworthy Cookie. These cookies have no artificial flavors or colors, no trans-fat, and no high fructose corn syrup.
- We have added color coded tongs to the salad bar to help people realize what is healthy and what is better to consume in smaller portions.
- Our make your own snack area features dried fruits, nuts, seeds, items with dark chocolate, sugar free options, and zero fat jelly beans.

2018

- “Feed Your Potential” platform offered in the dining room. FYP360 is a site that is available to customers and employees of United Regional that offers health tips and recipes for those looking for healthy lifestyle
<table>
<thead>
<tr>
<th>2019</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Added a thin crust option on the pizza station.</td>
<td>Choices. Cards with website information are available at the Wellness wall in the dining room.</td>
</tr>
<tr>
<td>Added gluten free bread to the deli station.</td>
<td>Every station in the dining room features a vegetarian option.</td>
</tr>
<tr>
<td>Snack wall feature in dining room features 80% healthy snack options - (low in fat, high in GOOD fats, whole grain, high in fiber, minimal ingredients).</td>
<td>Catering now features several vegetarian options.</td>
</tr>
<tr>
<td>Our Combo meal now features an option to choose whole wheat roll, cornbread, or a piece of whole fruit.</td>
<td>Increased vegan protein options on the salad bar (black beans, chick peas).</td>
</tr>
<tr>
<td>Our Home Combo has the option to choose a side salad instead of a hot side.</td>
<td>Now serving the Beyond Burger which is a Vegan burger patty with vegan cheese and vegan mayo as topping options.</td>
</tr>
<tr>
<td>Added whole and sliced avocados to the grill and deli stations.</td>
<td>Increased fresh grab and go options for those in a hurry. Protein packs (lean meat, cheese, seasonal fruit, and crackers), increase fresh fruit cup choices.</td>
</tr>
<tr>
<td></td>
<td>Grill features a “Build Your Own Burger” Menu. Choose from Angus, turkey, black bean, Garden or Beyond Burger patty. Select your bun: sesame, whole wheat, or lettuce.</td>
</tr>
</tbody>
</table>
## Priority 5: Access to Mental and Behavioral Health Care

<table>
<thead>
<tr>
<th>Activity</th>
<th>Impact &amp; Evaluation:</th>
<th>Current Status</th>
<th>Person(s) Responsible</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.A. United Regional will participate, as appropriate, in the Health Coalition of Wichita County’s initiatives to increase early identification and treatment of individuals with behavioral and mental health conditions.</td>
<td>The Health Coalition’s Mental Health and Physical Health task force has not been meeting. However, United Regional continues to identify patients for mental and behavioral health referrals and intervention (see 5.B.)</td>
<td></td>
<td>Nancy Townley</td>
</tr>
</tbody>
</table>
| 5.B. United Regional will continue to provide case management services and appropriate referrals for patients who present to the hospital or emergency department with mental or behavioral health conditions on an as needed basis. For example, the hospital will refer applicable patients to the state hospital as necessary. | Tracked by Patients seen for Intervention:  
2017  
- 463 Patients identified for Mental/Behavioral health referral or intervention includes ER and in-house.  
2018  
- 631 Patients identified for Mental/Behavioral health referral or intervention includes ER and in-house.  
2019  
- 997 Patients identified for Mental/Behavioral health referral or intervention includes ER and in-house. | | Kristi Curd |
| 5.C. United Regional will explore providing additional services through psychiatric telehealth. | Psychiatric telehealth services were implemented in 2017. | | Nancy Townley |
| 5.D. United Regional will continue to staff a SANE (Sexual Assault Nurse Examiner) that is trained specifically to treat sexually assaulted patients. | We have a certified SANE Coordinator and 8 Sexual Assault Nurse Examiners that perform SANE exams. These nurses take call 24/7/365. Dr. Scott Myers is our medical director.  
This team does forensic exams for victims of sexual assault. They also take forensic pictures for law enforcement. Our team does acute exams (assaults | | Kim Stringfellow |
### 5.E. United Regional will continue to provide individual and family guidance counseling for employees through the Employee Assistance Program.

<table>
<thead>
<tr>
<th>United Regional will continue to provide individual and family guidance counseling for employees through the Employee Assistance Program.</th>
<th>Reporting on this program is unavailable due to confidentiality, however, it is still provided.</th>
<th>Heather Hormel</th>
</tr>
</thead>
</table>

Within 96 hours) and scheduled exams (those outside of the 96 hour window).
PREVIOUS PRIORITIZED NEEDS
## Previous Prioritized Needs

### 2013 Prioritized Needs
1. Additional Healthcare Providers
2. Access to Affordable Primary Care and After-Hours Non-Urgent Care
3. Fragmented Continuum of Care
4. Patient Education and Preventive Care
5. Childhood Hunger and Malnourishment Issues
6. Health Disparities Among Specific Populations
7. Unhealthy Lifestyles and Behaviors in the Community

### 2016 Prioritized Needs
1. Need for Additional Primary Care and Specialty Providers
2. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles
3. Access to Affordable Care and Reducing Health Disparities Among Specific Populations
4. Access to Affordable, High Nutritional Quality Food Options
5. Access to Mental and Behavioral Health Care

2019 CHNA PRELIMINARY HEALTH NEEDS
2019 Preliminary Health Needs

- Access to Affordable Care and Reducing Health Disparities Among Specific Populations
- Access to Affordable, High Nutritional Quality Food Options
- Access to Primary Care Services and Providers
- Access to Specialty Care Services and Providers
- Access to Mental and Behavioral Health Care Services and Providers
- Prevention, Education and Awareness of Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles
The Prioritization Process

• On August 12, 2019 leadership from United Regional met with CHC Consulting to review findings and prioritize the community’s health needs. Attendees from the hospital included:
  – Phyllis Cowling, Chief Executive Officer
  – Nancy Townley, Chief Operating Officer
  – Jane Ritter, Chief Nursing Officer
  – Kristi Faulkner, Vice President of Organizational Development
  – Johnny Roberts, Vice President of Physician Practice Services
  – Michelle Nelson, Senior Director of Health Improvement

• Leadership ranked the health needs based on three factors:
  – Size and Prevalence of Issue
  – Effectiveness of Interventions
  – Hospital’s Capacity

• See the following page for a more detailed description of the prioritization process.
The Prioritization Process

The CHNA Team utilized the following factors to evaluate and prioritize the significant health needs.

<table>
<thead>
<tr>
<th>1. Size and Prevalence of the Issue</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. How many people does this affect?</td>
</tr>
<tr>
<td>b. How does the prevalence of this issue in our communities compare with its prevalence in other counties or the state?</td>
</tr>
<tr>
<td>c. How serious are the consequences? (urgency; severity; economic loss)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. Effectiveness of Interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. How likely is it that actions taken will make a difference?</td>
</tr>
<tr>
<td>b. How likely is it that actions will improve quality of life?</td>
</tr>
<tr>
<td>c. How likely is it that progress can be made in both the short term and the long term?</td>
</tr>
<tr>
<td>d. How likely is it that the community will experience reduction of long-term health cost?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3. United Regional Health Care System Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Are people at United Regional Health Care System likely to support actions around this issue? (ready)</td>
</tr>
<tr>
<td>b. Will it be necessary to change behaviors and attitudes in relation to this issue? (willing)</td>
</tr>
<tr>
<td>c. Are the necessary resources and leadership available to us now? (able)</td>
</tr>
</tbody>
</table>
Health Needs Ranking

• Hospital leadership participated in an electronic ballot process to rank the health needs in order of importance, resulting in the following order:

1. Access to Primary Care Services and Providers
2. Access to Specialty Care Services and Providers
3. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles
4. Access to Affordable, High Nutritional Quality Food Options
5. Access to Mental and Behavioral Health Care Services and Providers
6. Access to Affordable Care and Reducing Health Disparities Among Specific Populations
Final Priorities

• Hospital leadership decided to address all of the ranked health needs. The final health priorities that United Regional will address through its Implementation Plan are, in descending order:

1. Access to Primary Care Services and Providers
2. Access to Specialty Care Services and Providers
3. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles
4. Access to Affordable, High Nutritional Quality Food Options
5. Access to Mental and Behavioral Health Care Services and Providers
6. Access to Affordable Care and Reducing Health Disparities Among Specific Populations
RESOURCES IN THE COMMUNITY
Additional Resources in the Community

• In addition to the services provided by United Regional, other charity care services and health resources that are available in Wichita County are included in this section.
**United Regional Resource Community List**

<table>
<thead>
<tr>
<th>Wichita Falls &amp; 800 Numbers</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A Plus Medical (DME)</td>
<td>761.2292, fax 761.2295</td>
</tr>
<tr>
<td>Abuse Hotline (APS or CPS)</td>
<td>800.252.5400</td>
</tr>
<tr>
<td>Adult Protective Services Main</td>
<td>235.1995</td>
</tr>
<tr>
<td>Advanced Rehab and Nursing of WF (SNF)</td>
<td>766.0279, fax 234.2076</td>
</tr>
<tr>
<td>Air Evac Life Team (helicopter, same as Life Team Air Evac)</td>
<td>800.247.3822, local Ext -3990</td>
</tr>
<tr>
<td>Allred Prison</td>
<td>855.7477</td>
</tr>
<tr>
<td>Alzheimer’s Association</td>
<td>767.8800, 800.272.3900</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>691.7201 (local), Guest Room Services 877.227.1618</td>
</tr>
<tr>
<td>American Diabetes Association</td>
<td>888.342.2383</td>
</tr>
<tr>
<td>American Heart Association</td>
<td>800.242.8721</td>
</tr>
<tr>
<td>American Kidney Fund</td>
<td>800.638.8299</td>
</tr>
<tr>
<td>American Lung Association</td>
<td>800.586.4872</td>
</tr>
<tr>
<td>American Medical Response (AMR) Ambulance</td>
<td>322.1911, business office 322.1506, x105, fax 322.1342</td>
</tr>
<tr>
<td>Anderson, Michael (psychiatrist)</td>
<td>322.6981</td>
</tr>
<tr>
<td>Angels Care Home Health</td>
<td>322.1391, fax 322.2967</td>
</tr>
<tr>
<td>Arbor House (assisted living)</td>
<td>723.5035, fax 767.1688,</td>
</tr>
<tr>
<td>Area Agency on Aging (helps people 60+, aka Golden Concepts)</td>
<td>322.5281, fax 322.6743</td>
</tr>
<tr>
<td>Association for Retarded Citizens (ARC)</td>
<td>692.2303</td>
</tr>
<tr>
<td>At Home Care (HH)</td>
<td>766.4663, fax 766.2236</td>
</tr>
<tr>
<td>Beacon Lighthouse for the Blind</td>
<td>767.0837</td>
</tr>
<tr>
<td>BestCare Health Services (HH)</td>
<td>692.9824, fax 692.4163</td>
</tr>
<tr>
<td>Beyond Faith Homecare (HH)</td>
<td>696.8004, fax 696.8009</td>
</tr>
<tr>
<td>Service</td>
<td>Phone</td>
</tr>
<tr>
<td>----------------------------------------------</td>
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<tr>
<td>Boys &amp; Girls Club</td>
<td>322.2012</td>
</tr>
<tr>
<td>Brookdale Sikes Lake (assisted living-memory unit Alzheimer’s)</td>
<td>696.1351</td>
</tr>
<tr>
<td>Brookdale Lake Wellington (assisted living)</td>
<td>691.8181, fax 691.6770</td>
</tr>
<tr>
<td>Brookdale Midwestern (assisted living)</td>
<td>322.0918, fax 322.8765</td>
</tr>
<tr>
<td>Bus Station</td>
<td>766.2223</td>
</tr>
<tr>
<td>Campbell, Dan (attorney – senior law)</td>
<td>696.5015</td>
</tr>
<tr>
<td>Child Care, Inc.</td>
<td>766.4332</td>
</tr>
<tr>
<td>Child Protective Services</td>
<td>main 235.1995-option 6, fax 432.684.2973</td>
</tr>
<tr>
<td>Children’s Aid Society of West Texas</td>
<td>322.3141, fax 322.6417</td>
</tr>
<tr>
<td>Cigna Care Centrix</td>
<td>877.466.0164</td>
</tr>
<tr>
<td>City Bus Service (WF)</td>
<td>761.7433 (handicap-w/c, dialysis, CTC), Questions/Issues – 322.4122</td>
</tr>
<tr>
<td>Clinics of North Texas</td>
<td>766.3551, Outpatient PT 723.3117, fax 723.3140</td>
</tr>
<tr>
<td>Community Healthcare Center</td>
<td>766.6306</td>
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<tr>
<td>Community Svs for Aged &amp; Disabled (TDHS-CAD)</td>
<td>235.1751</td>
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<tr>
<td>Coram (IV Infusion Dallas)</td>
<td>800.899.7060, fax 214.902.3601</td>
</tr>
<tr>
<td>County (Wichita) Indigent Care for the Deceased</td>
<td>(no burials, cremation only) 716.8535</td>
</tr>
<tr>
<td>Courtyard Gardens Care Center (SNF)</td>
<td>322.0741, fax 322.3055</td>
</tr>
<tr>
<td>Crisis Resolution Unit (CRU-mental health, part of HFRMH-MR)</td>
<td>766.3877</td>
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<tr>
<td>Daybreak MR Group Home</td>
<td>766.0712</td>
</tr>
<tr>
<td>Dialysis – Fresenius Medical Records for North Texas Dialysis</td>
<td>866.320.4813, fax 806.792.8808</td>
</tr>
<tr>
<td>Disabled American Veteran’s (DAV)</td>
<td>723.1082</td>
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<tr>
<td>Edgepark Medical (DME-mail order)</td>
<td>800.321.0591Ext 3386 or 330.963.6172</td>
</tr>
<tr>
<td>Encompass Home Health</td>
<td>691.2273, fax 691.3364</td>
</tr>
<tr>
<td>Encompass Rehabilatation Hospital</td>
<td>720-5700 fax 720-5701</td>
</tr>
</tbody>
</table>
Faith Mission 723.5663
Faith Refuge (Women) 322.4673
Falls Funeral Home 264.2626
Falls Home Health (HH) 766.1990, fax 766.0064
Family Planning Clinic 723.0755
First Choice Community Home Care (HH) 691.7458
1st Texas Home Health (HH) 763.9500, fax 763.9501
First Step (Domestic Violence) 723.7799, fax 723.1132, hotline 692.1993 or 800.658.2683
Fresenius Medical Records for North Texas Dialysis Center 866.434.2597, fax 806.792.8808
Gables at Rolling Meadows (SNF 14 beds & NH-private pay) Main 691.7511, fax 692.4201
Gold Cross Medical Supply (DME) 723.5561, fax 322.4925
Grocery Cart 761.7433 (thru City of WF, $2 trans to grocery store, Tues, Wed, Thurs, by w/c van Reservations required by 9 am)
Guffeys’s Pharmacy 322-8626 fax 322-8476
Hampton Vaughn Funeral Home (County Burial) 767.1770
Handicap Bus (City of WF) Mary Ann 761.7642, Jeri Sowards 322.4122
Handicap Express (Wheel Chair van) 767.2515 fax 767.0570
Healing Hands Home Health 432-0588 fax 432-0275
Healthline Medical Equipment (DME-formerly AM Home Medical) 691.6100, fax 691.0757
Helen Farabee Regional MH-MR Center Referral line 800.621.8504
Main 397.3300
Crisis Services 397.3395
See Crisis Resolution Unit 766.3877
Helping Hands & Hearts 687.2280 714 Brook
<table>
<thead>
<tr>
<th>Service Description</th>
<th>Phone 1</th>
<th>Phone 2</th>
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<tr>
<td>Heritage Home Medical Equipment (DME)</td>
<td>687.3333, fax 687.3334</td>
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<tr>
<td>Home Instead Senior Care (unskilled help)</td>
<td>322.4472, fax 332.4475</td>
<td></td>
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<tr>
<td>Horizon Bay of Brookdale (assisted living)</td>
<td>691.8181, fax 691.6770</td>
<td></td>
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<tr>
<td>Hospice Plus of Wichita Falls</td>
<td>691.0982, fax 687.0776, In-patient Center 691.7100</td>
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<tr>
<td>Hospice of Wichita Falls</td>
<td>767-1611 fax 767-1613</td>
<td></td>
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<td>House of Hope (NH-Presbyterian Manor for Alzheimer’s, pvt pay)</td>
<td>691.1710, fax 689.7220</td>
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<tr>
<td>Housing Authority of Wichita Falls</td>
<td>723.8389</td>
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<tr>
<td>Indigent Health Care – Wichita County Human Services</td>
<td>716.8535</td>
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<tr>
<td>Information &amp; Referral – United Way of Texas 211</td>
<td>Call 211</td>
<td></td>
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<tr>
<td>Infusion Partners (IV-Grand Prairie)</td>
<td>800.869.0001, local 972.641.3232, fax 972.641.1130</td>
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<tr>
<td>Inheritance Adoptions</td>
<td>322.3678</td>
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<tr>
<td>Interfaith Ministries</td>
<td>322.1365, fax 322.8197</td>
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<tr>
<td>Intrepid Home Health (HH)</td>
<td>696.9239, fax 696.9678</td>
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<tr>
<td>Jordan Health Services</td>
<td>761.6191, fax 761.6194</td>
<td></td>
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<tr>
<td>KCI (wound vacs)</td>
<td>800.275.4524, fax 888.245.2295</td>
<td></td>
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<tr>
<td>Kell West Regional Hospital</td>
<td>692.5888, fax 696.7570</td>
<td></td>
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<tr>
<td>Kinder Hearts Home Health (pedi HH)</td>
<td>696.5700, 866.524.5700</td>
<td></td>
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<tr>
<td>Kindred at Home</td>
<td>720.0514, fax 720-0713</td>
<td></td>
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<tr>
<td>Kindred Hospice</td>
<td>716.9035</td>
<td></td>
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<tr>
<td>Legal Aid of NW Texas</td>
<td>723.5542</td>
<td></td>
</tr>
<tr>
<td>Life Team AirEvac (helicopter-same as Air Evac Life Team)</td>
<td>800.247.3822, local Ext 3990</td>
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</tbody>
</table>
Lifetime Designs (home modification for disabled) 877.392.3222
Lincare (DME) 723.9831, fax 322.9766
Lion’s Club (adult eyeglass frames) 855.5669
Loving Christian Maternity Home 691.9935
Meals on Wheels (Red Door Senior Center) 322.6232
Medco DME- “disposable DME” especially feeding supplies 800-245-3816
Medicaid Non-Emergency Authorization 800.540.0694, fax 512.514.4205
Medicaid Office-1328 Oakhurst 767.1720
Medicaid Transportation 877.633.8747
MedData 764-8484
Mental Health-Mental Retardation – MR placement 800.669.4166
Methadone Clinic 322.9355, referral line 800.759.3058
Midtown Manor 767.1533
Midwestern Healthcare Center (SNF) 723.0885, fax 763.8142,
Midwestern State University main 397.4000, social work 397.4437
Millar’s Orthotic & Prosthetics 322.4647
Muscular Dystrophy Association 696.5581
Nortex Regional Planning Commission 322.5281
(assist 60 yr olds +, aka Golden Concepts)
North Texas Dialysis Center - Fresenius 322.1450, fax 322.1456
North Texas Home Health (HH) 322.1672, fax 322.1019
North Texas Rehab Center (Out-Pt Therapy) 322.0771, fax 766.4943
North Texas State HospitalWF campus 692.1220, admissions 689.5296
Fax 689.5094
Vernon Campus 940.552.9901
Medical Records 689.5219
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<tr>
<th>Service</th>
<th>Phone Number</th>
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<tr>
<td>Nursing Home Complaint Hotline</td>
<td>800.458.9858</td>
</tr>
<tr>
<td>OSTC-Occupational Sports Therapy Center (Out-Pt PT,OT)</td>
<td>692.4688, fax 692.8388</td>
</tr>
<tr>
<td>Ombudsman – Nursing Home (Area Agency on Aging)</td>
<td>322.5281</td>
</tr>
<tr>
<td>Outreach Health Services (Primary Care)</td>
<td>766.0571</td>
</tr>
<tr>
<td>Pacific Pulmonary Services (DME)</td>
<td>692.1019, fax 692.0975</td>
</tr>
<tr>
<td>Paragon Infusion (IV Service Dallas)</td>
<td>866.972.5888</td>
</tr>
<tr>
<td>Patsy’s House</td>
<td>322.8890, fax 322.6695</td>
</tr>
<tr>
<td>Pregnancy Help Center</td>
<td>322.4883 or 761.3432</td>
</tr>
<tr>
<td>Presbyterian Manor (private pay)</td>
<td>691.1710, nurses station 696.8697, fax 691.0105</td>
</tr>
<tr>
<td>Promise Hospital of WF</td>
<td>720.6633</td>
</tr>
<tr>
<td>Promise Skilled Nursing Facility (SNF)</td>
<td>322.3393, fax 720-5117</td>
</tr>
<tr>
<td>Rathgeber Hospitality House</td>
<td>764.2400</td>
</tr>
<tr>
<td>Red Cross</td>
<td>322.8686, Military Notification</td>
</tr>
<tr>
<td></td>
<td>800.926.6001 (need –Name, DOB, SS#, Contact #, Branch, Division, Rank, Station Location, Commanding Officer Contact #)</td>
</tr>
<tr>
<td>Red River Hospital</td>
<td>322.3171, fax 766.1948</td>
</tr>
<tr>
<td>Red River Recovery Center</td>
<td>761.3034</td>
</tr>
<tr>
<td>Reneau Rehab (outpatient)</td>
<td>687.3422, fax 687.0726</td>
</tr>
<tr>
<td>Respiratory Vest</td>
<td>817.505.9692</td>
</tr>
<tr>
<td>Rolling Meadows (Retirement Comm &amp; “The Gables at Rolling Meadows” Private Pay &amp; MCR)</td>
<td>691.7511, fax 696.5154 fax 692.4201</td>
</tr>
<tr>
<td>Rolling Plains (utilities assistance)</td>
<td>723.2261</td>
</tr>
<tr>
<td>Rose Street Mental Health Care</td>
<td>723.4480</td>
</tr>
<tr>
<td>Royal Estates Retirement</td>
<td>696.2296</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>322.9822</td>
</tr>
<tr>
<td>Scott Medical Supply (DME)</td>
<td>322.7268, fax 322.1918</td>
</tr>
</tbody>
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Section 8 Housing 761.7454
Senior Care Health & Rehab (SNF) 767.5500, fax 235.4000
Senior Citizens (Red Door) 322.6232, adult day care 723.1261
Serenity House (outpt substance abuse treatment) 767.0423, fax 766.0507
Sharplines (transportation, Medicaid transportation) 800.633.0852
Sheridan Medical Lodge (Burkburnett) SNF 569.9500
Social Security Administration 800.772.1213, local 1.866.815.9605
Solaris Hospice 888.376.5274
Southwest Transplant 800.201.0527
Star Connection 322.3606, fax 322.3590
Star Transportation Wheelchair Transport (Trans Star) 696.9889
Taxi – The New Texhoma Transportation Inc. 322.1352, fax 322.5373, Wichita Star 723.0723
Texas Department of Aging & Disabled (QMB) 720.8413
Texas Department of Criminal Justice – Allred Prison 855.7477
Texas Department of Health 761.7800
Texas Department of Human Services 767.1720
(Health & Human Services - 1328 Oakhurst)
Texas Rehabilitation Commission 235.1710
Texas Runaway Hotline 800.580.4357
Texas State Commission for the Blind 691.8675
Texhoma Christian Care Center (SNF) Main 723.8420, fax 264.5700
Trans Star Ambulance 696.6400, fax 687.6444
Tricare at SAFB 676.5950
Trott’s Pharmacy 692.1234, fax 691.5455
United Regional Outpatient Therapy PT/OT 764.5470 fax 764.5471
764.5400 main
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Numbers</th>
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</thead>
<tbody>
<tr>
<td>United Regional Infusion</td>
<td>764-6080, fax 6084, admissions 764-5050, fax 4060</td>
</tr>
<tr>
<td>United Way</td>
<td>322.8638</td>
</tr>
<tr>
<td>University Park Manor (SNF)</td>
<td>692.8001, fax 692.8954</td>
</tr>
<tr>
<td>Veteran’s Clinic of North Texas</td>
<td>877.565.9329, 257.0000, fax 257-0020</td>
</tr>
<tr>
<td>Veteran’s Officer</td>
<td>716.8599</td>
</tr>
<tr>
<td>Wheelchair Ramps – Texas Ramp Project</td>
<td>214.675.1230 (<a href="http://www.TexasRamps.org">www.TexasRamps.org</a>)</td>
</tr>
<tr>
<td>Wichita County Human Services (indigent health &amp; burial)</td>
<td>716.8535</td>
</tr>
<tr>
<td>Wichita County Mental Health Coordinator</td>
<td>716.8526, fax 716.8517</td>
</tr>
<tr>
<td>Wichita County Sheriff</td>
<td>766.8170</td>
</tr>
<tr>
<td>Wichita Falls City – County Health Department</td>
<td>761.7800, WIC 761.7817, STD 761.7837, AIDS 761.7843</td>
</tr>
<tr>
<td>Wichita Falls Police</td>
<td>761.7792, dispatch 720.5000</td>
</tr>
<tr>
<td>Wichita Home Health Service (HH)</td>
<td>322.7113, fax 766.6025, primary care 322.5157</td>
</tr>
<tr>
<td>Wichita Medical Supply (DME)</td>
<td>723.9242, fax 767.4412</td>
</tr>
<tr>
<td>Wichita Mortuary Service</td>
<td>689.9498 aka Wichita Falls Embalming</td>
</tr>
<tr>
<td>W.I.C. (Women, Infants &amp; Children)</td>
<td>761.7817</td>
</tr>
<tr>
<td>Workforce Child Care Management Corp</td>
<td>723.8774, fax 723.2261</td>
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Nursing Homes – Vent Dependent Patients

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<thead>
<tr>
<th>Nursing Home</th>
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<tr>
<td>Bellville – Colonial Belle Nursing Home</td>
<td>979.865.3689</td>
</tr>
<tr>
<td>Brownfield – Tumbleweed NH (behavioral)</td>
<td>806.637.5761</td>
</tr>
<tr>
<td>Brownsville – Valley Grande Manor</td>
<td>956.546.4568</td>
</tr>
<tr>
<td>Dennison-Homestead of Dennison</td>
<td>903.463.4663</td>
</tr>
<tr>
<td>Gilmer—Gilmer Care Center</td>
<td>903.843.5529, fax 903.843.3745</td>
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</table>

Also does dialysis
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gladewater – Truman W. Smith (children)</td>
<td>903.845.2181</td>
</tr>
<tr>
<td>Longview – Crestcare Nursing &amp; Rehab</td>
<td>903.753.7651</td>
</tr>
<tr>
<td>Lubbock - Southern Specialty Rehab &amp; Nursing</td>
<td>806.795.1774, fax 806.795.4652</td>
</tr>
<tr>
<td>San Antonio – Meridian Care</td>
<td>210.599.3005</td>
</tr>
<tr>
<td>San Augustine – Trinity Rehab Ventilator Unit</td>
<td>936.275.2055, fax 936.275.5658</td>
</tr>
<tr>
<td>Temple – Bell County Nursing &amp; Rehab</td>
<td>254.773.1641</td>
</tr>
<tr>
<td>Oklahoma – Idabel– Memorial Heights</td>
<td>580.286.3366</td>
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</table>

**TB- State Chest Hospitals**

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>UT San Antonio</td>
<td>800.839.5864, ext 2425</td>
</tr>
<tr>
<td>UT Tyler</td>
<td>903.877.8080</td>
</tr>
</tbody>
</table>

**Abilene**

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acadia Behavioral Health Center (psych)</td>
<td>800.335.3498, 325.698.6600, fax 325.698.8200</td>
</tr>
<tr>
<td>Christian Homes of Abilene (adoption)</td>
<td>915.677.2205</td>
</tr>
<tr>
<td>Council on Drug &amp; Alcohol Abuse</td>
<td>800.588.8728, ext 117 (sees pts in Vernon &amp; elsewhere monthly)</td>
</tr>
<tr>
<td>Express Medical Supply</td>
<td>327.672.3030, fax 325.672.2030</td>
</tr>
<tr>
<td>Hendrick Medical Center</td>
<td>325.670.2000</td>
</tr>
<tr>
<td>Humana Hospital</td>
<td>915.695.9900</td>
</tr>
<tr>
<td>Kinder Hearts HH</td>
<td>325.672.6135, fax 325.672.6176</td>
</tr>
<tr>
<td>Serenity House (substance abuse)</td>
<td>325.673.6489, fax 325.673.1794</td>
</tr>
</tbody>
</table>

**Amarillo**

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest Texas Health System (TDCJ)</td>
<td>806.354.1000</td>
</tr>
<tr>
<td>Rico Air Ambulance (fixed wing)</td>
<td>806.331.7426</td>
</tr>
<tr>
<td>VA Hospital</td>
<td>806.355.9703</td>
</tr>
</tbody>
</table>
Archer City

Ambulance 574.2871, fax 574.2232
(wants out of town)

Archer County Sheriff 574.4333

Vista Living of Archer (SNF) 574.4551, fax 574.2366

Azle

North Texas EMS (critical care, bariatric, etc.) 817.441.0911

Big Spring

VA Hospital 915.263.7361

Bowie

Ambulance 872.2251 dispatcher, 872.4522
Advanced Rehabilitation of Bowie 872.2283, fax 872.5292
Bowie Home Medical Equipment 872.4360, fax 872.4425
Central Hospital of Bowie 872.1126
Independence Hall (Independent Living) 872.6267
IntegraCare (HH) 872.6499, fax 872.6496
Senior Citizens 872.4500
Independence Hall – Independent Living 872.6267
Solaris Healthcare (Hospice) 872.8080, fax 872.8081
Specialty Nurses 872.9888, fax 872.9889

Breckenridge

Stephens County Hospital 254.559.2241

Bridgeport

Integracare HH 940.683.2691
Senior Care (Stagecoach Rehabilitation) 940.683.8500

Brownsville

Valley Grande Manor (SNF-vents) 956.546.4568

Burkburnett

Reneau PT & Rehab Outpt 569.3630, fax 569.3752
Evergreen Care Center (SNF) 569.2236, fax 569.0895 or 569.1299
Handicap Express (wheelchair van) 569.9191
Police Dept 569.2231
Senior Citizens 569.0821

Carrollton/McKinney
Select Specialty Hosp (LTAC) 469.892.1233
Star Plus Ambulance 469.452.7101

Childress
Aerocare Home Medical Equip (DME) 940.937.3370, 800.723.7833, fax 940.937.3735
Childress Dialysis Center (open MWF, 5A-5P) 940.937.7099, fax 940.937.8730
Childress Healthcare Center (SNF) 940.937.8668
Childress Medical Supply (DME) 940.937.8683, fax 940.937.6438
Childress Regional Medical Center main & swing bed 940.937.6371 fax SB 940.937.9190. fax outpt PT 940.937.9153, (HH) 940.937.2500
Turner Nursing & Rehab (SNF) 940.937.3675

Chillicothe
Chillicothe Hospital 940.852.5131

Crowell
Ambulance 940.684.1200
Crowell Nursing Center (SNF) 940.684.1511, fax 940.684.1661
Sharp Line (Rolling Plains) 800.633.0852
Sheriff’s office 940.684.1501

Dallas
Baylor Institute for Rehab 214.820.9310, fax 214.820.7165
Baylor Health Care System – Patient Transfer Center – 214.820.6444

*Transfer Line is good for all Baylor facilities & they may direct a patient to go to another Baylor facility, depending upon availability & diagnosis*

Main Hospital 214.820.0111, fax 214.820.2411,
Heart & Vascular Hospital 214.820.0620
Jack & Jane Heart Hospital 214.820.2272
Care Flight 1.800.442.6260
Centre for Neuro Skills (Irving) 800.554.5448, 972.580.8500, fax 972.255.3162
Children’s Medical Center 214.456.2000, CMC Transport 214.456.2926
Coram IV Infusion Service 214.902.3600, fax 214.902.3601, 800.899.7060
Kindred (LTAC) 214.355.2600
MedCare Ambulance dispatch 877.339.6428, fax 217.342.1070, office 217.342.1050
Medical City Hospital 972.566.7000
Methodist Medical Center 214.947.3405 Bed Control
Methodist Transfer Line 214.947.4325 fax 214.947.2749
Paragon Infusion 972.588.1000, fax 972.588.1001
Parkland Memorial Hospital 214.590.6690
Presbyterian Hospital 214.345.7871, Nursing Supervisor 214.345.7777
Texas Health Transfer Center – Presbyterian is a TX Health Hosp – 888.782.8233
Regency Hospital (LTAC) 972.236.6600, fax 972.939.1487

01.28.2019
Scottish Rite Hospital  214.521.3168
Southwest Institute for Forensic Technology  214.920.5900
Southwest Transplant Alliance  800.201.0527
Texas Specialty Hospital (LTAC)  214.637.0000
UTSW (Saint Paul/Zale Lipshy) Transfer Line  877.645.0911 fax 214.633.8193 or 214.633.8778
VA Hospital  214.857.1554 or 1557 bed control 214.857.1340, spinal cord program 214.857.1770
Willed Body Program (of UT SW Medical Center-forms to do)  214.648.2221, fax 214.648.4506
Zale Lipshy Hospital  bed control 214.645.1254, 214.590.3182

Decatur
Ambulance – Sacred Cross EMS  940.627.2002
Heritage Place (SNF)  940.627.5444
Life Star Air Ambulance  800.568.6806
Senior Care Health & Rehab (SNF)  940.626.2800, fax 940.626.2804
Solaris Hospice Home Care  940.627.7803, fax 940.627.1011
Tri-State EMS (stretcher)  940.626.2062, fax 940.626.2063
Wise County MH-MR  940.626.1251
Wise Regional Dialysis  940.626.1700, fax 940.626.1750
Wise Regional Health System  940.627.5921, Inpt Rehab 940.626.2999, fax 940.626.4064

Denton
Atrium Medical Center (LTAC)  940.270.4100, fax 940.270.4131
Integrity Transitional Hospital (LTAC)  940.320.2300, ext 209, fax 940.565.8533
University Behavioral Health (mental health, substance abuse – child & adolescent & adults)  940.320.8100, fax 940.384.0307

Electra
Electra Health Care Center (SNF)  495.2184, fax 495.3717
Electra Hospital Home Health  495.2900, fax 495.2930
Electra Memorial Hospital  495.3981, ambulance ext 126  fax 495.3992
Electra Memorial Hospital, PT Dept  495.2159, fax 495.2301
Electra Medical Supply (DME)  495.4601, fax 495.3611
Electra Senior Citizens  495.4311
Police Dept  495.2345, 495.2131

Fort Worth
Baumgardner’s Funeral Home (autopsy-fetal demise & private)  817.731.8400
Cook Children’s Hospital  817.284.4000
Harris Methodist Hospital  817.852.8233
John Peter Smith Hospital  817.921.3431
Kindred (LTAC-downtown)  817.332.4812
Life Care Hospital (LTAC)  817.370.6078, Admissions 817.222.8342
**Non-Emergency Transport Inc.  817-885-8662
Ambulance and W/C van transport (24/7)
Pate Rehabilitation (Post-Acute Brain Injury)  972.241.9334 fax 972.241.0155
Tarrant Co Medical Examiner  817.920.5700
Teddy Bear Air (Pedi Trauma-Cook’s)  800.543.4878
Transfer Hotline  877.422.9337
West Haven Nursing Home (SNF)  817.336.7283 (accepts younger pts, psych & violent pts)

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Page 200
Willed Body Program of University of North Texas at Ft Worth 817.735.2047 (forms to do)

Gainesville

Gainesville Dialysis Cottage (Davita Dialysis) 940.612.1642  fax-940.612.2360

Garland

Community Care Center of Garland (SNF-vents) 972.278.3566, fax 972.278.4695

Graham

Ambulance 940.549.2222 emergency, 940.549.3400 (EMS Barn)
Beyond Faith Homecare, Rehab & Hospice (HH) 940.521.0300, fax 940.521.0323, 866.559.0300
Brookdale of Graham (assisted living) 940.549.8181
Garden Terrace (SNF) 940.549.4646, fax 940.549.8006
Graham General Hospital - main 940.549.3400, fax 940.521.5157, Outpatient PT 940.521.5310, PT fax 940.521.5151 Swing Bed 940.521.5420
Healthline Medical Equipment (DME) 940.549.0001, fax 940.549.0066
Graham Hospital Home Health (HH) 940.549.2672, fax 940.549.3978
Graham Oaks (SNF) 940.549.8787, fax 940.549.1118
Graham Regional Hospice 940.549.9704, fax 940.549.3978
Harmony House (outpt IVs, chemo) 940.549.2223, fax 940.549.5411
Integracare (HH) 940.549.6999, fax 940.549.6296
Senior Citizens 940.549.5451, van transport 940.521.1120
Solaris Healthcare (Hospice) 940.521.0922, fax 940.521.9722
Young County Home Health (HH) 940.549.4039, 940.549.9814

Haskell

Haskell Ambulance 940.864.3945
Haskell Care Center (SNF) 940.864.8537, fax 940.864.8537
Haskell Hospital Swing Bed 940.864.2621

Henrietta

Clay County Hospital Home Health (HH) 235.1275, fax 235.1280
Clay County Memorial Hospital & Ambulance 538.5621, fax 235.1281, Outpt PT fax 235.1220
Clay County Sheriff 538.5611
Henrietta Care Center (SNF) 538.4303, fax 538.5576
Pioneer Home Medical Supply (DME) 538.5520, fax 538.5523

Houston

M.D. Anderson Transfer Center 713.563.2222, main 713.792.2121
The Methodist Hospital 713.790.3311
St. Luke’s Episcopal Hospital 713.791.2011, 877.293.8127
Texas Institute for Research & Rehab (TIRR) 713.797.0100

Iowa Park

Hughes Pharmacy (outpt IV-aka Guardian Health) 592.4191, fax 592.5613
Iowa Park Clinic (Not Dr. Stutte’s Clinic) 940.592.3500
Iowa Park Health Care Center (SNF) 592.4139, fax 592.5576
Iowa Park Physical Therapy & Rehab (Outpt) 592.5900, fax 592.5969
Park Home Health (HH) 592.2753, fax 592.9329
Police Dept 592.2181
Senior Citizens (Friendly Door-MOW) 592.9311 (van runs daily from 9a-2p)

Jacksboro

American Hospice 940.567.5202
Faith Community Hospital/Ambulance 940.567.6633 Fax 940.567.3975
Greystone Park (assisted living) 940.567.3057
Integracare (HH) 940.567.3837 or 567.3838, fax 940.567.3843
Jacksboro Healthcare Center (SNF) 940.567.2686, fax 940.567.5038
Public Transit Service (7A-6P) 866.521.1391 (goes to WF Tues & Thurs)
Tapps Van Service 888.301.7433

Knox City

Ambulance 940.657.1313 or 940.657.5050 (dispatch)
Brazos Valley Care Home (SNF) 940.658.3543
Knox County Hospital 940.657.3535, fax 940.657.3722
Knox County Hospital Home Health 940.657.3013
Knox County MH-MR 940.889.2277

Lubbock

Texas Dept of Criminal Justice-Hospital (Montfort Unit), UR 800.769.7843
Texas Tech University Medical Center 800.345.9911

Mineral Wells

Guardian EMS (stretcher) 866.458.6111
IntegraCare HH 940.325.5255

Muenster

Muenster Memorial Hospital 940.759.2271 main, fax 940.759.2275

Munday

Munday Nursing Center 940.422.4541, fax 940.422.8211

Nocona

Grace Care Center of Nocona (SNF) 825.3288, fax 825.6153
Nocona General Hospital/Ambulance 825.3235, fax 825.3604, Rehab 825.7246,
Rehab Fax 825.3323
Nocona Hospital Home Health (HH) 825.6816, fax 825.4314

Olney

Doctor Mark Mankins 940.564.3546, fax 940.564.8882
Doctor Fazzel 940.564.3561
Grace Care Center of Olney (SNF)  940.564.5631, 940.564.5172
Hamilton Hospital 940.564.5521, 940.564.8107
IntegraCare Home Health (HH) 940.564.4696, fax 940.564.4695
Olney Ambulance 940.564.5027, fax 940.564.8242
Olney Health and Wellness Center (Outpt PT/OT/ST) 940.564.3188, fax 940.564.3189
Solaris Healthcare (Hospice) 940.564.2471, fax 940.564.2476
Texhoma Medical Services (DME) 940.564.2982, toll free 866.570.8031

Paducah

Paducah Nursing Center (SNF)  806.492.3516, fax 806.492.3229

Quanah

Doctor Lane 940.663.6651-office
Family Medical Equipment (DME-also in Vernon & Altus) 800.545.3653, 940.663.2084, fax 940.663.2436
Hardeman County Memorial Hospital 940.663.2795, fax 940.663.2634
Leslie Manor (Now Just Retirement Living) 940.839.6120 (Low Income Apts, Persons age 55 or older)
Quanah Ambulance 940.663.5374, 940.663.2713
Woods Living Center (group home) 940.663.6396

San Antonio

Avalon Place (SNF-vents) 210.333.6815
Humana Tricare 800.444.5445, ext 2473
Mayfield Care Center (SNF-vents) 210.924.5533
UT San Antonio (TB-Chest Hospital) 800.839.5864, ext 2425

Seymour

Seymour Rehab and Healthcare (SNF) 889.3176, fax 889.8106
Healthline (AM Medical-DME) 888.2255, fax 888.8895
Kindred at Home (HH) 888.3744, fax 888.2609
Seymour Ambulance 889.3445, 631.9145
Seymour Hospital Home Health 889.3755, fax 889.2715
Seymour Hospital 889.5572, fax 889.5400
Seymour Medical Supply 889.6060, fax 889.6050

Sherman/Denison/(Van Alstyne nearby)

TMC Behavioral Health Center (mental health & accepts Adult Medicaid) 903.416.3000
Van Alstyne Fire/EMS (stretcher) 903.482.6666, fax 903.712.0006

Stephenville

Summer Sky, Inc., Chemical Dependency Center 888.857.8857, 254.968.2907

Temple
Scott and White Hospital 254.724.2111

**Throckmorton**

Beyond Faith Home Health 940.849.0888, fax 940.521.0323
Throckmorton County Memorial Hospital 940.849.2151, fax 940.849.7141
Throckmorton Nursing Center (SNF) 940.849.2861

**Vernon**

Catholic Charities 940.552.0347
Eagle Flats Village (assisted living) 940.552.8181
Vernon Dialysis Center 940.552.9351 553.2960, fax 940.553.2955
Family Medical Equipment (DME-also in Quanah & Altus) 800.545.3653, 940.552.2273, fax 940.552.5773
Family Pharmacy (Vital Care) IV Infusion Services 800.234.7942, 940.552.2999, fax 940.552.5347
Hillcrest Clinic 940.552.5495
Ministerial Alliance (called USSC-helps with utilities, meds, etc...) 940.552.8778
North Texas Home Health (HH) 940.553.1113, fax 940.553.3010
North Texas State Hospital-Vernon campus 940.552.9901
Specialty Nurses (HH) 940.553.1300, fax 940.553.1305, toll free 888.250.6063
Vernon Ambulance 940.552.2584
Vernon Mental Health Clinic 940.552.9642
Vista Living of Vernon (SNF) 940.552.2568, fax 940.552.6256
Western Trail Behavioral Health (Vernon Hosp – Inpt Geri Psych) 940.553.2948, fax 940.553.2940, Referral Line 940.357.0545
Wilbarger General Hospital 940.552.9351
Wilbarger Hospital Home Health 940.553.2825, Home Health fax 940.553.2978,
Wilbarger Hospital Rehab/Outpatient PT 940.553.2857, fax 940.553.2964

**Oklahoma**

**Lawton**

Angels Care Home Health (HH) 580.248.0186
Aspire (HH, DME, Hospice) 580.353.5500, fax 580.353.5508
Autumn Light Hospice 580.351.1008, fax 580.252.0149
Comanche County Ambulance 580.585.5555
Comanche County Memorial Hospital 580.355.8620, for Rehab 580.695.8997
Indian Hospital 580.354.5000
Lawton/Fort Sill VA Center 580.354.3018
Southwestern Behavioral Health Center (mental health) 580.536.0077 or 888.536.0077
Southwestern Home Health 580.248.7060, fax 580.248.6442

**Oklahoma City**

Coram IV Infusion 405.495.2273
Heritage Manor (SNF near OKC, accepts dialysis) 405.789.7591
Mercy Hospital 405.755.1515
OU Medical Center (Oklahoma University Med Ctr) 405.271.6000
VA Homeless Program 866.835.5273 ext 1708
VA Hospital ER/Admit 405.456.5147, Main 405.456.1000, UR 405.456.4363, 405.456.1852

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Other Oklahoma Cities

Abuse Hotline – State of Oklahoma 800.522.3511
Altus-Angels Care HH 580.477.2220
Altus-Aspire Home Care (HH, DME, Hospice) 855.527.7473
Altus-English Village Manor (NH) 580.477.1133
Altus-Family Medical (DME) 580.482.9410, 800.522.0151, fax 580.482.4648
Altus-Jackson County Memorial Hospital 580.482.4781
Altus-Mays+ (OK Advantage, unskilled help) 580.482.0477
Calera-Calera Manor (SNF) 580.434.5727, fax 580.434.5827
Comanche-Aspire Home Care (HH, DME, Hospice) 580.439.5662
Duncan-Advance Medical (DME) 580.252.4700, fax 580.252.4205
Duncan-Autumn Light Hospice 888.211.1266, 580.252.1266
Duncan-Chisholm Trail Hospice 580.251.8764, fax 580.251.8760
Duncan-Country Club CC (SNF) 580.255.4600
Duncan-Duncan Regional Hospital 580.252.5300 main, home health 580.251.8752, rehab unit 580.251.8460, rehab fax 580.251.8979
Duncan-Med Tech of Duncan (DME) 888.270.8164
Duncan-Wilkin’s CC (SNF) 580.252.3955 main
Frederick-Aspire Home Care (HH, DME, Hospice) 580.335.2512, fax 580.335.2518
Frederick-Frederick Hospital HH (HH) 580.335.2718
Frederick-Frederick Memorial Hospital 580.335.7565
Frederick-Memorial Nursing Center (SNF in hosp, not swing bed) 580.335.6646
Hobart-Elkview HH (HH thru hospital) 580.726.6606
Idabel-Memorial Heights (SNF-vents) 580.286.3366
Marlow-Aspire Home Care (HH, DME, Hospice) 580.658.2577
Marlow-Gregston’s NH (SNF) 580.658.2319
Marlow-Marlow Manor (SNF) 580.658.5468
Ringling-Ringling Nursing Home (SNF) 580.662.2344
Ryan-Advance Care Medical Equipment (DME) 866.757.2242
Ryan-Good Healthcare Professionals (HH) 580.757.2282, fax 580.668.3353
Ryan-Jefferson County EMS 580.757.2211
Snyder-Ayers Nursing Home (NH) 580.569.2258
Temple-Temple Manor Nursing Home (SNF) 580.342.6228
Walters-Aspire Home Care (HH, DME, Hospice) 580.875.3975, fax 580.931.6931
Walters-Parkview Manor (SNF) 580.875.3376
Warner-Country Side Estates (SNF-vents) 918.463.5143
Waurika-Angels Care (HH) 580.228.3545, fax 580.228.3546
Waurika-Ambulance 580.228.2375
Waurika-Jefferson County Hospital 580.228.2344
Waurika-Wade Medical Supply (DME) 580.228.2899
Waurika-Westbrook Healthcare (SNF) 580.228.2363, fax 580.228.2709
Wilson-Good Samaritan Home Health & Hospice (HH, Hospice) 580.668.3138, fax 580.668.3143
INFORMATION GAPS
Information Gaps

• While the following information gaps exist in the health data section of this report, please note that every effort was made to compensate for these gaps in the interviews conducted by Community Hospital Consulting.
  – This assessment seeks to address the community’s health needs by evaluating the most current data available. However, published data inevitably lags behind due to publication and analysis logistics.
  – The most significant information gap exists within this assessment’s ability to capture various county-level health data indicators, such as e-cigarette use. Data for these indicators is reported at the regional level.
ABOUT COMMUNITY HOSPITAL CONSULTING
About Community Hospital Consulting

• Community Hospital Corporation owns, manages and consults with hospitals through three distinct organizations – CHC Hospitals, CHC Consulting and CHC ContinueCare, which share a common purpose of preserving and protecting community hospitals.

• Based in Plano, Texas, CHC provides the resources and experience community hospitals need to improve quality outcomes, patient satisfaction and financial performance. For more information about CHC, please visit the website at: www.communityhospitalcorp.com
APPENDIX

- SUMMARY OF DATA SOURCES
- DATA REFERENCES
- MUA/P AND HPSA INFORMATION
- INTERVIEWEE INFORMATION
- PRIORITY BALLOT
SUMMARY OF DATA SOURCES
Summary of Data Sources

• **Demographics**
  - This study utilized demographic data from the **IBM Watson Market Expert Tool**.
  - Food insecurity information is pulled from **Feeding America’s Map the Meal Gap**, which provides food insecurity data by county, congressional district and state; [http://map.feedingamerica.org/](http://map.feedingamerica.org/).
  - This study also used health data collected by the **CARES Engagement Network**, a national platform that provides public and custom tools produced by the Center for Applied Research and Engagement Systems (CARES) at the University of Missouri. Data can be accessed at [https://engagementnetwork.org/](https://engagementnetwork.org/).
  - The **Annie E. Casey Foundation** is a private charitable organization, dedicated to helping build better futures for disadvantaged children in the United States. One of their initiatives is the Kids Count Data Center, which provides access to hundreds of measures of child well-being by county and state; [http://datacenter.kidscount.org/](http://datacenter.kidscount.org/).

• **Health Data**
  - The **County Health Rankings** are made available by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The Rankings measure the health of nearly all counties in the nation and rank them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights. The Rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. Building on the work of America's Health Rankings, the University of Wisconsin Population Health Institute has used this model to rank the health of Wisconsin’s counties every year since 2003; [http://www.countyhealthrankings.org/](http://www.countyhealthrankings.org/).
  - The **Centers for Disease Control and Prevention National Center for Health Statistics WONDER Tool** provides access to public health statistics and community health data including, but not limited to, mortality, chronic conditions, and communicable diseases; [http://wonder.cdc.gov/ucd-icd10.html](http://wonder.cdc.gov/ucd-icd10.html).
  - This study utilizes Health Service Region level data from the **Behavioral Risk Factor Surveillance System (BRFSS)**, provided by the Texas Department of Health and Human Services; [https://www.dshs.texas.gov/chs/brfss/](https://www.dshs.texas.gov/chs/brfss/).
Summary of Data Sources

• **Health Data (continued)**
  – This study also used health data collected by the **CARES Engagement Network**, a national platform that provides public and custom tools produced by the Center for Applied Research and Engagement Systems (CARES) at the University of Missouri. Data can be accessed at [https://engagementnetwork.org/](https://engagementnetwork.org/).
  – The **U.S. Census Bureau's Small Area Health Insurance Estimates** program produces the only source of data for single-year estimates of health insurance coverage status for all counties in the U.S. by selected economic and demographic characteristics. Data can be accessed at [https://www.census.gov/data-tools/demo/sahie/index.html](https://www.census.gov/data-tools/demo/sahie/index.html).

• **Phone Interviews**
  – CHC conducted interviews on behalf of United Regional from March 6, 2019 – March 27, 2019.
  – Interviews were conducted and summarized by Valerie Hayes, Planning Manager.
DATA REFERENCES
### 2019 Poverty Guidelines for the 48 Contiguous States and the District of Columbia

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<th>Poverty Guideline</th>
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<td>1</td>
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<td>2</td>
<td>$16,910</td>
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<td>$39,010</td>
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<tr>
<td>8</td>
<td>$43,430</td>
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</tbody>
</table>

For families/households with more than 8 persons, add $4,420 for each additional person.
MUA/P AND HPSA INFORMATION
Medically Underserved Areas/Populations

**Background**

- Medically Underserved Areas (MUAs) and Medically Underserved Populations (MUPs) are areas or populations designated by HRSA as having too few primary care providers, high infant mortality, high poverty or a high elderly population.

- MUAs have a shortage of primary care services for residents within a geographic area such as:
  - A whole county
  - A group of neighboring counties
  - A group or urban census tracts
  - A group of county or civil divisions

- MUPs are specific sub-groups of people living in a defined geographic area with a shortage of primary care services. These groups may face economic, cultural, or linguistic barriers to health care. Examples include, but are not limited to:
  - Homeless
  - Low income
  - Medicaid eligible
  - Native American
  - Migrant farmworkers

Medically Underserved Areas/Populations

Background (continued)

• The Index of Medical Underservice (IMU) is applied to data on a service area to obtain a score for the area. IMU is calculated based on four criteria:
  1. Population to provider ratio
  2. Percent of the population below the federal poverty level
  3. Percent of the population over age 65
  4. Infant mortality rate

• The IMU scale is from 1 to 100, where 0 represents ‘completely underserved’ and 100 represents ‘best served’ or ‘least underserved.’

• Each service area or population group found to have an IMU of 62.0 or less qualifies for designation as a Medically Underserved Area or Medically Underserved Population.

Medically Underserved Areas/Populations

**Wichita Service Area**

- **Wichita County**
  - Service Area Name: Wichita Service Area
  - MUA/P Source ID Number: 03497
  - Designation Type: Medically Underserved Area
  - Index of Medical Underservice Score: 50.7
  - Status: Designated
  - Rural Status: Non-Rural
  - Designation Date: 05/11/1994
  - Update Date: 05/11/1994

Medically Underserved Areas/Populations

**Wichita Service Area**

- **Wichita County**
  - Service Area Name: Eastern Wichita
    - CT 0109.00
    - CT 0110.00
    - CT 0111.00
  - MUA/P Source ID Number: 07236
  - Designation Type: Medically Underserved Area
  - Index of Medical Underservice Score: 58.4
  - Status: Designated
  - Rural Status: Non-Rural
  - Designation Date: 07/24/2002
  - Update Date: 07/24/2002

Health Professional Shortage Areas

Background

• Health Professional Shortage Areas (HPSAs) are designations that indicate healthcare provider shortages in:
  – Primary care
  – Dental health
  – Mental health

• These shortages may be geographic-, population-, or facility-based:
  – Geographic Area: A shortage of providers for the entire population within a defined geographic area.
  – Population Groups: A shortage of providers for a specific population group(s) within a defined geographic area (e.g., low income, migrant farmworkers, and other groups)
  – Facilities:
    ▪ Other Facility (OFAC)
    ▪ Correctional Facility
    ▪ State Mental Hospitals
    ▪ Automatic Facility HPSAs (FQHCs, FQHC Look-A-Likes, Indian Health Facilities, HIS and Tribal Hospitals, Dual-funded Community Health Centers/Tribal Clinics, CMS-Certified Rural Health Clinics (RHCs) that meet National Health Service Corps (NHSC) site requirements)

Health Professional Shortage Areas

Background (continued)

• HRSA reviews these applications to determine if they meet the eligibility criteria for designation. The main eligibility criterion is that the proposed designation meets a threshold ratio for population to providers.

• Once designated, HRSA scores HPSAs on a scale of 0-25 for primary care and mental health, and 0-26 for dental health, with higher scores indicating greater need.

Health Professional Shortage Areas

Wichita County

- **County Name:** Wichita County
- **HPSA Name:** Wichita County
- **Status:** Designated
- **Rural Status:** Partially Rural

- **HPSA Discipline Class:** Mental Health
  - **Designation Type:** Geographic HPSA
  - **HPSA ID:** 7485480088
  - **HPSA Score:** 16
  - **HPSA Designation Last Update Date:** 10/27/2017
Health Professional Shortage Areas

**Low Income – Wichita County**

- **County Name:** Wichita County
- **HPSA Name:** Low Income – Wichita County
- **Status:** Designated
- **Rural Status:** Partially Rural

---

- **HPSA Discipline Class:** Primary Care
  - **Designation Type:** Low Income Population HPSA
  - **HPSA ID:** 1488078183
  - **HPSA Score:** 15
  - **HPSA Designation Last Update Date:** 10/27/2017

- **HPSA Discipline Class:** Dental Health
  - **Designation Type:** Low Income Population HPSA
  - **HPSA ID:** 6486086024
  - **HPSA Score:** 17
  - **HPSA Designation Last Update Date:** 07/09/2019

Health Professional Shortage Areas

CF – James V. Allred Unit

- **County Name:** Wichita County
- **HPSA Name:** CF – James V. Allred Unit
- **Status:** Designated
- **Rural Status:** Non-Rural

- **HPSA Discipline Class:** Primary Care
  - **Designation Type:** Correctional Facility
  - **HPSA ID:** 1482599014
  - **HPSA Score:** 12
  - **HPSA Designation Last Update Date:** 08/28/2018

- **HPSA Discipline Class:** Mental Health
  - **Designation Type:** Correctional Facility
  - **HPSA ID:** 7488174472
  - **HPSA Score:** 21
  - **HPSA Designation Last Update Date:** 08/28/2018

Health Professional Shortage Areas

Iowa Park Clinic

- **County Name:** Wichita County
- **HPSA Name:** Iowa Park Clinic
- **Status:** Designated
- **Rural Status:** Non-Rural

- **HPSA Discipline Class:** Primary Care
  - **Designation Type:** Rural Health Clinic
  - **HPSA ID:** 14899948Q8
  - **HPSA Score:** 13
  - **HPSA Designation Last Update Date:** 08/17/2019

- **HPSA Discipline Class:** Dental Health
  - **Designation Type:** Rural Health Clinic
  - **HPSA ID:** 64899948OE
  - **HPSA Score:** 17
  - **HPSA Designation Last Update Date:** 08/17/2019

- **HPSA Discipline Class:** Mental Health
  - **Designation Type:** Rural Health Clinic
  - **HPSA ID:** 74899948P2
  - **HPSA Score:** 18
  - **HPSA Designation Last Update Date:** 08/17/2019

Health Professional Shortage Areas

North Central Texas Community Health Center

- **County Name:** Wichita County
- **HPSA Name:** North Central Texas Community Health Center
- **Status:** Designated
- **Rural Status:** Non-Rural

- **HPSA Discipline Class:** Primary Care
  - **Designation Type:** Federally Qualified Health Center
  - **HPSA ID:** 148999485W
  - **HPSA Score:** 15
  - **HPSA Designation Last Update Date:** 08/17/2019

- **HPSA Discipline Class:** Dental Health
  - **Designation Type:** Federally Qualified Health Center
  - **HPSA ID:** 64899948B5
  - **HPSA Score:** 25
  - **HPSA Designation Last Update Date:** 08/17/2019

- **HPSA Discipline Class:** Mental Health
  - **Designation Type:** Federally Qualified Health Center
  - **HPSA ID:** 748999482N
  - **HPSA Score:** 16
  - **HPSA Designation Last Update Date:** 08/17/2019

INTERVIEWEE INFORMATION
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<th>Title</th>
<th>Organization</th>
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<th>County Served</th>
<th>Interviewer</th>
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<th>Population Served</th>
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<td>CEO/Administrator</td>
<td>Presbyterian Manor/House of Hope</td>
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<tr>
<td>DeAndra Chenault</td>
<td>City Councilor</td>
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<td>Wichita Falls Health Department</td>
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<td>Laura Gutierrez</td>
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<td>Brian Hull, MD</td>
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<td>Lauren Johnson</td>
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<td>United Regional Health Care System Foundation</td>
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<tr>
<td>Lou Kreidler</td>
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<td>Robin Lockhart</td>
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<td>Midwestern University Wilson School of Nursing</td>
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<td>Carol Marlar</td>
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<td>United Way</td>
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<td>Wichita Falls Independent School District</td>
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<td>Regan Nabor</td>
<td>Senior Representative Community Engagement</td>
<td>American Cancer Society</td>
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<tr>
<td>Michelle Nelson</td>
<td>Senior Director of Health Improvement</td>
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<td>Allen Patterson</td>
<td>CEO</td>
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<td>Steve Sparks</td>
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</tbody>
</table>

A: Work for a State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community

B: Member of a medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations

C: Community Leaders

Source: United Regional Health Care System Community Health Needs Assessment Interviews conducted by Community Hospital Consulting; March 6, 2019 – March 27, 2019.
PRIORITY BALLOT
United Regional Health Care System
Community Health Needs Assessment Prioritization Ballot

- Please review the primary criteria we will use to identify the top community health priorities for United Regional Health Care System, then cast 3 votes for each priority.
- Please return your ballot to the CHC team once completed.

<table>
<thead>
<tr>
<th>1. Size and Prevalence of the Issue</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. How many people does this affect?</td>
</tr>
<tr>
<td>b. How does the prevalence of this issue in our communities compare with its prevalence in other counties or the state?</td>
</tr>
<tr>
<td>c. How serious are the consequences? (urgency; severity; economic loss)</td>
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</table>

<table>
<thead>
<tr>
<th>2. Effectiveness of Interventions</th>
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</thead>
<tbody>
<tr>
<td>a. How likely is it that actions taken will make a difference?</td>
</tr>
<tr>
<td>b. How likely is it that actions will improve quality of life?</td>
</tr>
<tr>
<td>c. How likely is it that progress can be made in both the short term and the long term?</td>
</tr>
<tr>
<td>d. How likely is it that the community will experience reduction of long-term health cost?</td>
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<thead>
<tr>
<th>3. United Regional Health Care System Capacity</th>
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</thead>
<tbody>
<tr>
<td>a. Are people at United Regional Health Care System likely to support actions around this issue? (ready)</td>
</tr>
<tr>
<td>b. Will it be necessary to change behaviors and attitudes in relation to this issue? (willing)</td>
</tr>
<tr>
<td>c. Are the necessary resources and leadership available to us now? (able)</td>
</tr>
</tbody>
</table>

Using the criteria listed above, please indicate how important you believe this priority is for the communities we serve, with #5 indicating the highest importance and #1 indicating the lowest importance. To cast your votes, just fill in one circle in every row.

**Access to Affordable Care and Reducing Health Disparities Among Specific Populations**

<table>
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**Access to Affordable, High Nutritional Quality Food Options**

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**Access to Primary Care Services and Providers**

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**Access to Specialty Care Services and Providers**

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### Access to Mental and Behavioral Health Care Services and Providers

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### Prevention, Education and Awareness of Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles

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←Less Important ------ More Important→
Section 2: Implementation Plan
A comprehensive, six-step community health needs assessment ("CHNA") was conducted for United Regional Health Care System (United Regional) by Community Hospital Consulting (CHC Consulting). This CHNA utilizes relevant health data and stakeholder input to identify the significant community health needs in Wichita County, Texas.

The CHNA Team, consisting of leadership from United Regional, met with staff from CHC Consulting on August 12, 2019 to review the research findings and prioritize the community health needs. Six significant community health needs were identified by assessing the prevalence of the issues identified from the health data findings combined with the frequency and severity of mentions in community input.

The CHNA Team participated in prioritization ballot process using a structured matrix to rank the community health needs based on three characteristics: size and prevalence of the issue, effectiveness of interventions and the hospital’s capacity to address the need. Once this prioritization process was complete, the hospital leadership discussed the results and decided to address all of the prioritized needs in various capacities through a hospital specific implementation plan.

The six most significant needs, as discussed during the August 12th prioritization meeting, are listed below:

1. Access to Primary Care Services and Providers
2. Access to Specialty Care Services and Providers
3. Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles
4. Access to Affordable, High Nutritional Quality Food Options
5. Access to Mental and Behavioral Health Care Services and Providers
6. Access to Affordable Care and Reducing Health Disparities Among Specific Populations

United Regional leadership has developed the following implementation plan to identify specific activities and services which directly address the six identified priorities. The objectives were identified by studying the prioritized health needs, within the context of the hospital’s overall strategic plan and the availability of finite resources. The plan includes a rationale for each priority, followed by objectives, specific implementation activities, responsible leaders, annual updates and progress, and key results (as appropriate).

The United Regional Board reviewed and adopted the 2019 Community Health Needs Assessment and Implementation Plan report on October 28, 2019.
Priority 1: Access to Primary Care Services and Providers

**Rationale**

Interviewees discussed the limited number of primary care providers accepting new patients in the community, as well as the difficulty in seeking primary care for certain insurance types (Medicaid, Medicare) and patients with developmental disabilities. It was noted that the provider shortage leads to overuse of the Emergency Room, increased use of advanced practitioners and long wait times for appointments. Interviewees specifically discussed the un/underinsured as disproportionately affected by long wait times and inconsistent follow up, and one interviewee specifically stated: “If you’re insured, you’re going to get follow up consistently on chronic conditions. If you’re Medicaid or unfunded, instead of getting a blood pressure check every 3 months, you might get an appointment every 6 months.”

Interviewees raised concern surrounding the increasing number of providers preferring “shift work” and resisting admitting patients to nursing homes. The recent closing of the residency program was also discussed, and one interviewee specifically stated: “Last year we lost the residency program which hurt a lot of the low income community. We need to be looking at having another primary care residency in the community for purposes of a long term health care infrastructure.”
<table>
<thead>
<tr>
<th>Priority 1: Access to Primary Care Services and Providers</th>
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</thead>
<tbody>
<tr>
<td><strong>Activity</strong></td>
</tr>
<tr>
<td>1.A. United Regional will continue to recruit and employ additional primary care physicians to the community, as well as primary care physicians employed by the United Regional Physician Group (URPG) that accept patients from all payer sources (including TriCare, Medicare, Medicaid, CHIP, etc.).</td>
</tr>
<tr>
<td>1.B. United Regional will continue to offer the Future in the Falls program that stays in contact with medical students, interns, and residents from the Wichita Falls area to encourage them to return to practice in Wichita Falls once they graduate from residency. The program provides stipends and shadowing of specialists to assist with their education.</td>
</tr>
<tr>
<td>1.C. Members of the Clinical Education Team provide continuing nursing education to employees, community nurses and emergency response personnel from the local and rural communities.</td>
</tr>
<tr>
<td>1.D. Via its employed physician group, United Regional will continue to operate a primary care walk-in clinic, CarePlus, as well as eCare, a virtual option for residents.</td>
</tr>
<tr>
<td>1.E. United Regional will continue to improve access to primary care and wellness care through the exploration of partnerships, technology and consumer engagement strategies to meet a broad spectrum of consumer needs/expectations in both the PSA and SSA.</td>
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</tbody>
</table>
Priority 2: Access to Specialty Care Services and Providers

Rationale

Many interviewees mentioned there is outmigration of patients to Dallas/Fort Worth and Oklahoma City due to a variety of factors, including: lack of awareness of services available locally, patient perception that “bigger is better,” pending physician retirements, long wait times to see local providers, and lack of in-network providers. Specialties mentioned as needed due to limited depth, insurance barriers and/or succession planning needs include: Neurology, Dermatology, Cardiology, Endocrinology, Oncology, CV Surgery, Neurosurgery and Pulmonology.

Interviewees discussed the disproportionate challenge for un/underinsured patients in seeking specialty care, with one interviewee stating: We have difficulty getting unfunded or underfunded patients into specialty care. An unfunded patient is required to come up with a $200 copay when they get to the office, and they’re turned away if they can’t pay that.” Additionally, a few interviewees mentioned an increasing number of local providers unable to prescribe pain medications. One interviewee stated: “People have to go out of town to get pain medications because some docs here lost their DEA license. We have had quite a few of those lately.”
## Priority 2: Access to Specialty Care Services and Providers

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<tr>
<th>Activity</th>
<th>Impact &amp; Evaluation:</th>
<th>Current Status</th>
<th>Person(s) Responsible</th>
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<tbody>
<tr>
<td>2.A. United Regional will continue to expand specialty care capacity by recruiting and employing additional specialty physicians to the community as outlined in its Physician Needs Assessment. Employed specialty physicians under the United Regional Physician Group (URPG) will accept patients from all payer sources (including TriCare, Medicare, Medicaid, CHIP, etc.).</td>
<td></td>
<td>Vicki Finnell</td>
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<tr>
<td>2.B. United Regional will continue to coordinate its Community Partners Group which is comprised of individuals representing local healthcare providers. The overall purpose of the group is to help ensure smooth transitions of patients between and among various health care entities within the community, providing appropriate care and communication throughout the care continuum.</td>
<td></td>
<td>Michelle Nelson</td>
<td></td>
</tr>
<tr>
<td>2.C. United Regional will continue to offer the Future in the Falls program that stays in contact with medical students, interns, and residents from the Wichita Falls area to encourage them to return to practice in Wichita Falls once they graduate from residency. The program provides stipends and shadowing of specialists to assist with their education.</td>
<td></td>
<td>Vicki Finnell Natalie Stary</td>
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<tr>
<td>2.D. United Regional will continue to offer Palliative Care/Supportive Care services, designed to assist patients who have chronic diseases to access the medical and emotional support needed to best manage their disease processes with a focus on relief of pain, stress and other debilitating symptoms of serious illness. The program helps patients with medication management, assistive equipment, counseling and referrals to other needed services to help ensure that they are getting the appropriate ongoing and long-term care they need to stay as functional as possible.</td>
<td></td>
<td>Michelle Nelson</td>
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<tr>
<td>2.E. United Regional will continue to provide a list of referral services for patients who come through the hospital or Emergency Department requiring specialty care services.</td>
<td></td>
<td>Kristi Curd</td>
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</tbody>
</table>
2.F. United Regional will continue to improve access to specialty care through the exploration of partnerships, technology and consumer engagement strategies to meet a broad spectrum of consumer needs/expectations in both the PSA and SSA.
Priority 3: Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles

Rationale

Data suggests that higher rates of specific mortality causes and unhealthy behaviors warrants a need for increased preventive education and services to improve the health of the community. Cancer and heart disease are the two leading causes of death in Wichita County and the state. Wichita County has higher mortality rates than Texas for cancer, diseases of heart, chronic lower respiratory diseases, cerebrovascular diseases, Alzheimer’s disease, accidents (unintentional injuries), diabetes mellitus, chronic liver disease and cirrhosis, intentional self-harm (suicide), Parkinson’s disease, female breast cancer, prostate cancer, lung and bronchus cancer and colon and rectum cancer.

Wichita County has higher rates of communicable diseases, such as chlamydia and gonorrhea, than the state. Wichita County also has higher prevalence rates of chronic conditions and unhealthy lifestyle behaviors such as diabetes (adult and Medicare population), obesity, high blood pressure (adult and Medicare population), asthma, arthritis, smoking and physical inactivity than the state.

With regards to maternal and child health, specifically, Wichita County has higher percentages of mothers smoking during pregnancy and teen births than the state. Data also suggests that residents may not be seeking necessary preventive care services, such as flu vaccines (Medicare population).

Interviewees discussed high rates of obesity and associated chronic conditions, including hypertension and diabetes, and noted the limited healthy lifestyle education in the community that is confounded by a lack of desire to participate in behavior change or preventive care. Significant tobacco use and trending diets were also mentioned as concerning, and one interviewee stated: “Recently, there’s a lot of trend diets – the keto diet, intermittent fasting...those things are very popular and they have health consequences.”

Interviewees discussed a challenge in understanding the cost and complexity of the health care system for residents, and also noted an opportunity for physicians to educate patients on available community resources based on individualized needs. One interviewee stated: “Doctors’ offices need to be educated on programs and different agencies and what they do out in the community whether it’s for medication, utilities, or food. If you’re educated on what programs we have here in the county, then you’re more able to help a person who might not have anyone at home to help them.”

Interviewees suggested sharing medical records across the community with the implementation of Epic in order to better coordinate care and reduce the cost of care for residents due to the perceived lack of transparency regarding health care costs. It was also mentioned there is a need for communication and community outreach regarding resources available for residents to use, and the limited awareness of existing resources across the community – particularly for low income residents. One interviewee stated: “We need to be helping people understand the services that are provided and how they could be helped financially. People are becoming very tight with their money and they would choose to spend money on something else instead of using it for health care.”

It was mentioned that there is a lack of health literacy ad understanding of access points across the continuum of care, specifically confusion surrounding primary care vs. urgent care. It was also mentioned that there is limited coordination across community organizations, and there is a perceived lack of communication between hospital staff and patient families. One interviewee stated: “A lot of times, communication between hospital staff and the families is not always there.”
### Priority 3: Prevention, Education and Services to Address High Mortality Rates, Chronic Diseases, Preventable Conditions and Unhealthy Lifestyles

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<tbody>
<tr>
<td>3.A. United Regional will continue to increase educational opportunities for the public concerning wellness topics and health risk concerns, preventive care and healthy lifestyle choices through media outlets and hosting and/or participating in local health-related events.</td>
<td>CURRENT EXAMPLES INCLUDE: CPR, prepared childbirth, smoking cessation (minimal fee), breast feeding, Healthy You TV series, diabetes education, prenatal classes, monthly prenatal orientation with Sheppard Air Force Base, 55 Advantage, Senior Focus, Women’s Expo</td>
<td>Green</td>
<td>Kim Maddin, Lynn Wiesen, Andrea Anderle, Darrin French, Michelle Nelson</td>
</tr>
<tr>
<td>3.B. United Regional will continue to host various support and educational groups at the facility for patients and the community.</td>
<td>CURRENT EXAMPLES INCLUDE: Type 1/Type 2 Diabetes Support Group, diabetes and survival skills classes for patients with newly diagnosed diabetes, weight loss surgery support group, Breathsavers (pulmonary support group)</td>
<td>Green</td>
<td>Kim Maddin, Michelle Nelson, Darrin French, Michael Gardner, Emily Rusk</td>
</tr>
<tr>
<td>3.C. United Regional will continue to increase awareness of its primary and specialty service offerings in the community through billboard, direct mail, and print advertisements, as well as social media outlets and updating the hospital’s website.</td>
<td></td>
<td>Green</td>
<td>Kristi Faulkner, Lynn Wiesen</td>
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<tr>
<td>3.D. United Regional will continue to offer employee wellness initiatives to promote healthy lifestyle choices for employees and their spouses. Screening/counseling is required for health insurance participants, and financial incentives/penalties are included to encourage healthy lifestyles.</td>
<td>CURRENT EXAMPLES INCLUDE: Bee Healthy Program, smoking cessation (minimal fee), Diabetes Management Program</td>
<td>Green</td>
<td>Heather Hormel</td>
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<tr>
<td>3.E. United Regional will continue to partner with local schools to provide free sports physicals for middle and high school students. Physicians attend local and regional sports events to ensure timely diagnosis and treatment of sports injuries</td>
<td></td>
<td>Green</td>
<td>Jeremy Woodward</td>
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<td>3.F. United Regional and all owned facilities are tobacco-free and vapor-free.</td>
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<td>Green</td>
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<td>3.G. United Regional will continue to operate Joint Camp to provide education to people who are scheduled for a joint replacement at no cost to participants.</td>
<td>Heather Cobb</td>
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<tr>
<td>3.H. United Regional will continue to support the Regional Advisory Council, which uses a hands-on approach to help prevent trauma fatalities and injuries. The council provides injury prevention and trauma education across a 10-county region. The Injury Prevention Coalition plays a key role in education using a multi-disciplinary team from the area. Included in this education are child passenger safety, bicycle safety, fall prevention and home safety, medication safety and many other issues promoting safe communities. In addition, the council hosts trauma education courses and provides continuing education and continuing medical education for area physicians, nurses and EMS professionals.</td>
<td>Laura Pressler</td>
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<tr>
<td>3.I. United Regional will continue to provide the Tres Hood Cancer Resource Center. The Cancer Resource Center is designed in a library fashion and is available to clinical staff, patients and their family members. The center has a myriad of cancer education materials and a resource nurse available to help families learn more about cancer.</td>
<td>Kim Maddin</td>
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<td>3.J. United Regional will continue to partner with various local health agencies to increase collaboration with community health partners in addressing health concerns within the community. <strong>CURRENT EXAMPLES INCLUDE:</strong> Wichita County Health Department, Wichita Falls Area Food Bank (note: mobile pantry is listed individually under 4.E.)</td>
<td>Nancy Townley</td>
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<td>3.K. United Regional will continue to support the various groups in the community through multiple sponsorships of programs and events that benefit the community, the majority of which have a health-related initiative behind their purpose. <strong>CURRENT EXAMPLES INCLUDE:</strong> Midwestern State University Simulation Center, Hospice of Wichita Falls, American Cancer Society’s Relay for Life, SIDS and Kids, American Red Cross, Leadership Wichita Falls, Hospice, United Way, Race for the Cure, Wichita Falls ISD sports program, Falls Fest, Martin Luther King Breakfast, Sheppard Air Force Base, Project Back to School, Sids and Kids, Kids Fest</td>
<td>Kim Maddin</td>
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<td>3.L.</td>
<td>With the implementation of Epic and through its applications, United Regional will continue to lead the implementation of the Health Information Exchange (HIE) which will allow hospitals, physician practices and other health care providers within the community/region to access to their respective patients’ health information to help improve efficiency and effectiveness of patient care among handoffs to community providers. Local and regional physicians, hospitals and nursing facilities are joining to share information across the continuum of care.</td>
<td>Dwayne McKee</td>
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<tr>
<td>3.M.</td>
<td>United Regional will continue the process of hospital based case managers to follow up with identified patients related to chronic conditions, such as heart failure and diabetes, to provide discharge instructions and patient education regarding symptom management, medication management to help them avoid readmissions.</td>
<td>Kristi Curd</td>
<td></td>
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<tr>
<td>3.N.</td>
<td>United Regional will continue to host and participate in blood drives throughout the year.</td>
<td>Karen Leinweber</td>
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<tr>
<td>3.O.</td>
<td>United Regional will continue to serve as a teaching facility and allow for students pursuing health-related careers to rotate through the facility for a variety of programs.</td>
<td>Asma Javed, Andrea Anderle, Darrin French, Steve Sims</td>
<td></td>
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<tr>
<td>3.P.</td>
<td>United Regional will continue to offer MyChart, which offers patients personalized and secure online access to portions of their medical records and enables them to securely use the Internet to help manage and receive information about their health.</td>
<td>Dwayne McKee</td>
<td></td>
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<tr>
<td>3.Q.</td>
<td>United Regional offers internal staff education for LVNs who want to grow to an RN position. The hospital assists in tuition and book payments in exchange for a guaranteed work commitment (for a designated period of time) after they receive their degree.</td>
<td>Heather Hormel</td>
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</tbody>
</table>
Priority 4: Access to Affordable, High Nutritional Quality Food

Rationale

Wichita County has a higher overall food insecurity rate and a higher child food insecurity rate than the state, as well as a higher average meal cost than Texas. Additionally, Wichita County has a higher percentage of its population with low food access than the state and a lower rate of grocery stores per 100,000 than the state. The majority of neighborhoods located within food deserts and have low food access are primarily located in the eastern region of Wichita County. The county also has a higher percentage of students eligible for free or reduced price lunch than the state.

Interviewees noted growing concern surrounding local food deserts, particularly within the community’s east side. It was also mentioned that residents prioritize rent and utilities, which forces them to forego healthy food options. One interviewee stated: “Budget and financial obligation to pay rent and bills keep people from getting healthy food. Food is one of those things that gets put on the backburner when bills need to be paid.”

It was mentioned that limited healthy food options are within walking distance for most residents, and transportation barriers in seeking healthy foods may be leading to purchasing groceries from vendors with less healthy options. Additionally, interviewees discussed the disproportionate challenge in accessing healthy food options for residents outside of Wichita Falls. One interviewee stated: “The food disparity will continue to be an issue. In Electra, it’s difficult because we don’t have a real grocery store so that causes a problem with people having access to good food they can eat. We have a dollar general and a little convenience store.”
## Priority 4: Access to Affordable, High Nutritional Quality Food

<table>
<thead>
<tr>
<th>Activity</th>
<th>Impact &amp; Evaluation:</th>
<th>Current Status</th>
<th>Person(s) Responsible:</th>
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<tbody>
<tr>
<td>4.A. In conjunction with the Wichita Falls Area Food Bank, United</td>
<td></td>
<td></td>
<td>Gayle Jones, Michelle</td>
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<tr>
<td>Regional works to provide healthy food boxes for patients</td>
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<td></td>
<td>Nelson</td>
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<tr>
<td>participating in Diabetes Education, Heart Failure Clinic, and</td>
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<tr>
<td>Outpatient Infusion and post-operative patients who are food</td>
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<tr>
<td>insecure. Compassion Fund at United Regional Foundation provides</td>
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<td>these boxes, which contain a variety of nonperishable food items.</td>
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<td>4.B. United Regional will continue to sponsor the High Heels for</td>
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<td></td>
<td>Kim Maddin</td>
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<tr>
<td>Hot Meals event, which benefits The Kitchen. The Kitchen provides</td>
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<td>food for seniors as well as the local Meals on Wheels program.</td>
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<td>4.C. United Regional will continue to provide healthy options in its</td>
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<td></td>
<td>Vicki Boyle</td>
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<tr>
<td>hospital dining room, as well as to focus on healthy lifestyle</td>
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<tr>
<td>promotion. The hospital dining room highlights healthy food options</td>
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<td>by displaying calorie counts and nutritional panels, offering</td>
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<tr>
<td>discounted rates for healthier meal options, and a salad bar.</td>
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<tr>
<td>4.D. In conjunction with the Wichita Falls Area Food Bank, United</td>
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<td></td>
<td>Michelle Nelson</td>
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<tr>
<td>Regional offers a mobile food pantry at six different locations –</td>
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<td>once each per month – in an effort to have a hunger-free community.</td>
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<tr>
<td>United Regional also sends a nurse to each mobile pantry</td>
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<td>distribution site to offer free, voluntary blood pressure and</td>
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<tr>
<td>blood sugar checks. Free information about Body Mass Index (BMI) and</td>
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<td>its impact on overall health is also offered.</td>
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<td>4.E. United Regional offers a Farmers Market in the Summer and Fall</td>
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<td></td>
<td>Kim Maddin</td>
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<tr>
<td>seasons for employees and the community to purchase fresh, locally</td>
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<tr>
<td>grown produce as part of the hospital’s Bee Healthy program.</td>
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Priority 5: Access to Mental and Behavioral Health Care

Rationale

Wichita County has a higher percentage of depression (adult and Medicare population) than the state, as well as a higher percentage of adults who experienced 14 or more days of poor mental health than the state.

Interviewees discussed the disproportionate challenge in un/underinsured patients seeking mental and behavioral health care and long wait times for those patients. It was also noted that there is a lack of substance abuse treatment facilities for un/underinsured patients, which results in those patients leaving the community to seek such services in Abilene. One interviewee stated: “We’re limited on resources for drug/alcohol counseling. Many people dealing with that have to go to Abilene if they’re unfunded and don’t have insurance to pay.”

It was mentioned that mental and behavioral health-related patients tend to overuse the Emergency Room, and raised concern surrounding the unmet needs for patients residents dealing with bipolar disorder, schizophrenia, depression and suicidal ideations. Interviewees also discussed a stigma associated with seeking mental and behavioral health care services in the community. One interviewee specifically stated: “There is a stigma associated with accessing services. It’s hard to get people to acknowledge that they have a problem to seek care.”

Interviewees noted an increasing number of patients on multiple prescriptions from different prescribers, with one interviewee stating: “Folks are on multiple prescribed medications. They may be on pain medication, anti-anxiety medication, and it’s all from different prescribers. There’s a lot of accidental multiple drug causes of death.” It was also mentioned that there is a limited number of bilingual providers in the community.
### Priority 5: Access to Mental and Behavioral Health Care

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<th>Activity</th>
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<tr>
<td>5.A. United Regional will continue to provide case management services and appropriate referrals for patients who present to the hospital or emergency department with mental or behavioral health conditions on an as needed basis. For example, the hospital will refer applicable patients to the state hospital as necessary.</td>
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<tr>
<td>5.B. United Regional will continue to provide psychiatric telehealth services for applicable patients.</td>
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<tr>
<td>5.C. United Regional will continue to staff a SANE (Sexual Assault Nurse Examiner) that is trained specifically to treat sexually assaulted patients.</td>
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<tr>
<td>5.D. United Regional will continue to provide individual and family guidance counseling for employees through the Employee Assistance Program.</td>
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</table>

Person(s) Responsible:
- Kristi Curd
- Nancy Townley
- Kim Stringfellow
- Heather Hormel
Priority 6: Access to Affordable Care and Reducing Health Disparities among Specific Populations

Rationale

Wichita County has a lower median household income than the state, and also has a higher percentage of families living below poverty than the state. Wichita County also has a higher percentage of adults who have experienced a medical cost barrier to care than the state, and a higher percentage of households with no motor vehicle than the state. Additionally, Wichita County has several geographic- and population-based Health Professional Shortage Area designations and census tract-based Medically Underserved Area/Population designations, as defined by the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA).

Interviewees raised concern surrounding cost barriers to care in Wichita County, which may lead to overuse of the Emergency Room, delay in seeking care or foregoing care. It was also noted that the high cost of health care services is forcing lower socioeconomic groups to choose between medications, prescriptions, food/meals and utilities. Interviewees discussed concern surrounding a lack of sliding fee scale related clinics in the west side of the county, and one interviewee specifically stated: “We don’t have enough clinics that are on that west side of the county. There [should] be an FQHC medical, dental and behavioral site on the west side of the community, maybe more than one site. We need to provide medical, dental and behavioral primary care services to the financially and otherwise vulnerable in the community.”

It was mentioned that residents tend to leave the community for specialty care services due to a lack of providers participating in local insurance plans and that dental care services are particularly expensive for all insurance types, which causes patients to delay seeking care.

Transportation was discussed as a significant issue due to patients missing health care appointments. Interviewees described the existing transportation infrastructure as having limitations with long wait times and limited stops around the county. It was mentioned that transportation is more difficult for residents living in the rural parts of Wichita County who try to seek transportation services, and that there is a disproportionate challenge in transportation to/from doctor’s appointments for the low income, Medicare, elderly and handicapped populations. One interviewee stated: “With access to care, we need a better infrastructure in transportation. Some patients can’t afford a cab and they miss their appointment. We’re missing the boat by not having a more county-wide transportation system that’s accessible, reliable and safe. Patients who don’t show up say they couldn’t get a ride. If we had a better system, our patients could get to their appointments.”

When asked about which specific groups are at risk for inadequate care, interviewees spoke about homeless, low income, pediatric, teens/adolescents, racial/ethnic, veterans and elderly populations as being disproportionately challenged by barriers to accessing healthcare services in Wichita County.

With regards to the homeless population, interviewees mentioned mental and behavioral health care needs, an increasing need for shelter options for pets of homeless persons, lack of follow up care and overuse of the Emergency Room as challenges for this particular population. For low income residents, interviewees mentioned long wait times for appointments and overuse of the Emergency Room as challenges for the low income community in Wichita County.

When speaking about the pediatric population in Wichita County, interviewees raised concern surrounding lack of access to local specialty care, lack of pediatric home health options in the community and few resources for developmentally-delayed children as challenges specific to these residents. For teens/adolescents, interviewees mentioned limited dental care services for youth with mental retardation and autism, obesity and a lack of access to healthy foods, vaping and synthetic marijuana use, teen pregnancy, the traumatic impact of adverse health events during childhood, an increasing rate of autoimmune diseases (arthritis) and a lack of access to contraceptives as general issues for such population.

With regards to racial/ethnic groups, interviewees noted language barriers (Hispanic) and a limited number of bilingual mental and behavioral health care providers as challenges for these residents. For veterans, interviewees noted frustration with the VA system, transportation barriers, a lack of local
preventive care options, a stigma associated with seeking care for mental and behavioral health care issues, a need for social work assistance and an increasing number of homeless veterans as concerns for such residents.

Lastly, for the elderly population in Wichita County, interviewees mentioned transportation barriers, a need for a Community Paramedicine Program, a lack of health literacy, limited number of primary care providers accepting Medicare and Medicaid, a lack of affordable and safe housing options and a limited understanding of advanced care planning as challenges for this population.
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<tbody>
<tr>
<td>6.A. United Regional will continue to provide medical care to all patients in need, regardless of their ability to pay. In addition to its internally-provided charity program, United Regional is a health care provider under the State of Texas Medicaid Program and a mandated provider under the Wichita County Indigent Program.</td>
<td></td>
<td></td>
<td>Bob Pert</td>
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<td>6.B. United Regional will continue to work to encourage physicians new to the community to accept all payer classes.</td>
<td></td>
<td></td>
<td>Nancy Townley Vicki Finnell</td>
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<tr>
<td>6.C. United Regional will continue to provide office space for Texas Department of Health and Human Services staff members and 50% of their monthly operating cost to assist families with qualification for Medicaid services.</td>
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<td>Bob Pert</td>
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<td>6.D. United Regional employs a staff member to find financial coverage for specialty drugs necessary for certain patient care, which in turn lowers costs borne within the community.</td>
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<td>Michelle Nelson</td>
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<td>6.E. Physician referral, class registration, and nurse triage services will continue to be offered at no charge to the community through the United Regional’s “Call-A-Nurse” phone line. Referrals are provided for local physicians as well as other community health care services.</td>
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<td>Kim Maddin</td>
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<td>6.F. United Regional will continue to provide families who frequent the Emergency Department for non-emergency pediatric care with brochures and information about the CarePlus walk-in clinic and the eCare virtual option for residents.</td>
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<td>Kim Maddin</td>
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<td>6.G. United Regional will continue to operate its Heart Failure Clinic. All heart failure patients are scheduled to follow-up at the Heart Failure Clinic after hospital discharge to assess post-discharge health, address lifestyle changes to help stay healthy,</td>
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<td>Michelle Nelson</td>
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and avoid readmission. The clinic takes all payer sources and those without insurance.

6.H. Every other year, United Regional employees will continue to have the opportunity to donate to the Compassion Fund through the annual employee giving program Spirit of Giving. Proceeds from the Compassion Fund go towards helping discharged patients in a variety of ways including helping to pay for drugs or equipment that they would otherwise not be able to afford. NOTE: Next Spirit of Giving campaign will be in 2021

6.I. United Regional will continue to provide United Regional Physician Group's CarePlus primary care walk-in clinic, which provides a lower cost option than an emergency room for minor injury and illness, and also offers eCare as a virtual option for residents. CarePlus is open to the entire community and not just patients of United Regional Physician Group physicians.

6.J. United Regional will continue to provide a Language Line to provide translation and interpretation services, on an as needed basis. Additionally, United Regional will continue to provide an internet based web-cam access to certified interpreters for our hearing-impaired patients on an as needed basis. This web cam based sign language service is available 24/7 anywhere in the hospital through our wireless network.

6.K. United Regional will continue to provide mammograms through charity care for females who qualify.

6.L. United Regional will continue to offer a transition clinic to provide care coordination activities to various at-risk patient populations discharging from the acute-care setting back to the community. The Transition clinic provides temporary coverage for patients with Heart Failure, Diabetes, Pneumonia, COPD, Sepsis, Surgical Site Infection follow up and a wide array of other patients until they can be aligned with a primary medical home for on-going care or appropriate community resources. Food Insecurity, transportation and medication assistance is identified during clinic appointments and services are aligned to provide the patients with these resources as well. CURRENT EXAMPLES INCLUDE: Surgical patients at risk for surgical site infections, patients without a PCMH, un/underinsured

| 6.H. | Gayle Jones |
| 6.I. | Charity Gilmore |
| 6.J. | Steve Bryan |
| 6.K. | Shelly Twilligear |
| 6.L. | Michelle Nelson |
6.M. United Regional will continue to provide low dose CT lung cancer screenings to patients that qualify and are appropriately referred by a physician. If patients do not meet the criteria, they are able to receive the screening through a low cash payment option.
Section 3: Feedback, Comments and Paper Copies
INPUT REGARDING THE HOSPITAL'S CURRENT CHNA
CHNA Feedback Invitation

• United Regional invites all community members to provide feedback on its previous and existing CHNA and Implementation Plan.

• To provide input on this or the previous CHNA, please see details at the end of this report or respond directly to the hospital online at the site of this download.
Feedback, Questions or Comments?

Please address any written comments on the CHNA and Implementation Plan and/or requests for a copy of the CHNA and Implementation Plan to:

United Regional Health Care System
ATTN: Kim Maddin, Director of Community Relations
1600 Eleventh Street
Wichita Falls, Texas 76301
Email: kmaddin@unitedregional.org

Please find the most up to date contact information on the United Regional Health Care System website under “Community Health Needs Assessment”:
https://www.unitedregional.org/about-united-regional/community-health-needs-assessment/
Thank you!

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