

THOMAS COUNTY

COMMUNITY HEALTH NEEDS ASSESSMENT

2022–2023

KEY HEALTH ISSUES AND
IMPLEMENTATION PLAN



ARCHBOLD

THIS PUBLICATION

As part of a leading regional healthcare provider operating the largest acute care hospital in the region (Archbold Memorial Hospital), we take the lead in trying to improve the health of the residents in the communities we serve.

This publication highlights:

- what we've identified as the top health-related needs in Thomas County, Georgia
- our measured progress since the 2019–2020 CHNA was published
- our path forward for the 2022–2023 CHNA

We encourage everyone in the community to work together to improve the health status of our community and we hope that this overview of community needs helps provide a road map for those efforts. For additional information on key health needs in our community or outreach programs, please contact Todd Bennett, Clinical Outreach Manager, at 229.584.5522 or tbennett@archbold.org.

COMMUNITY BENEFIT: A CORE VALUE OF ARCHBOLD

Archbold has six core values: Quality, Employee Satisfaction, Patient Experience, Financial Stewardship, Growth and **Community Benefit**.

Our core values are not only the concepts we believe in, but also how our success is measured. Our leadership team is evaluated by measurable goals under each core value, including Community Benefit.

COMMUNITY BENEFIT MEANS MEETING HEALTH RELATED NEEDS

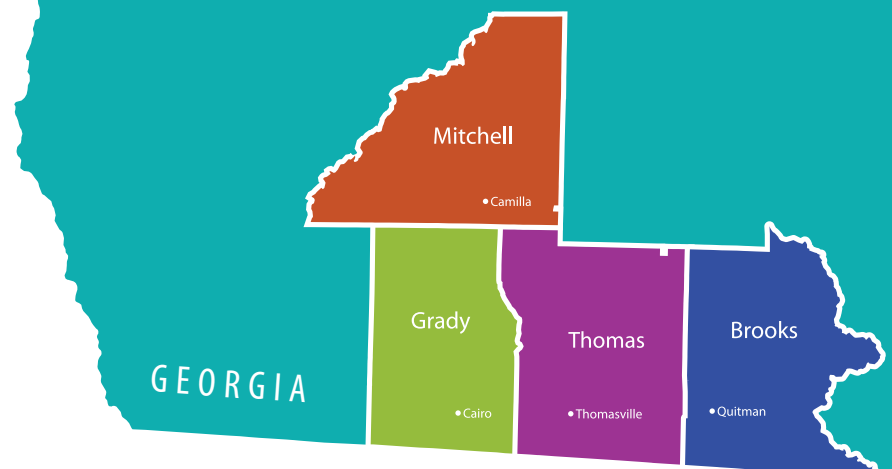
We are dedicated to protecting the health and well-being of our communities by providing healthcare to the insured, underserved, uninsured and underinsured. It is our commitment to these communities that enabled us to provide \$60,675,156 in community benefit during 2020.

A very important part of our work is to serve those who do not always have access to healthcare because of transportation and financial barriers. Often, we take our programs and services where our patients need them most, in the communities in which they live and work.

Community partnerships are a key to reaching people successfully. We've typically worked closely with health departments, community non-profits, YMCAs, local schools, law enforcement, churches, senior services and resource centers, and in this CHNA we give an update on our partnerships with these organizations during the pandemic and an update on the community healthy living initiative we outlined in the 2016–2019 CHNA—Live Better.

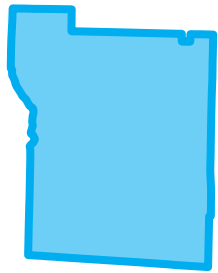
DEFINING THE COMMUNITY

We define the communities we serve as where we operate hospitals within County borders. In Thomas County, our flagship hospital, Archbold Memorial Hospital, is in Thomasville.



COUNTY PROFILE

Many factors determine healthcare access and use. County demographics can provide a guide to potential challenges in the delivery of care as well as give us an understanding of the challenges facing county residents. A broad view from different sources gives us this insight.



THOMAS COUNTY

45,842

23.7%

18.7%

POPULATION

Source: census.gov

% Under 18 Years of Age

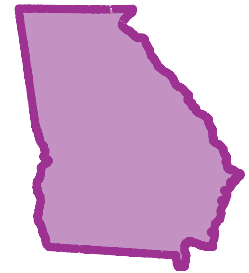
% 65 and Older

GEORGIA

10,799,566

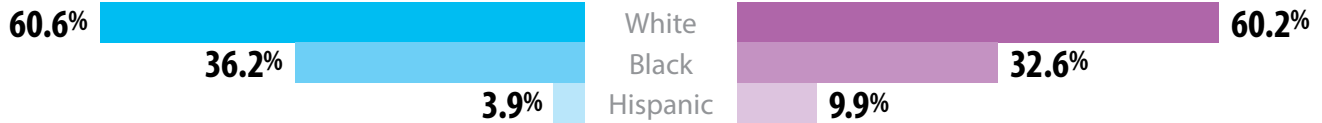
23.6%

14.3%



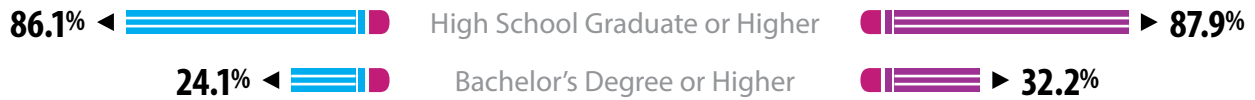
RACE

Source: census.gov



EDUCATION

Source: census.gov



INCOME

Source: census.gov



16.1%

Uninsured under 65 years of age

3.7%

Unemployed

Source: data.bls.gov

15.5%

3.1%



FOOD INSECURITY

Source: feedingamerica.org

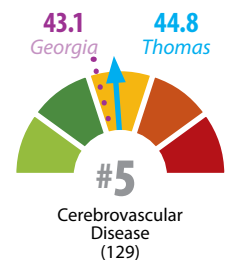
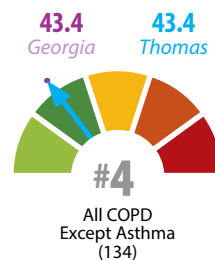
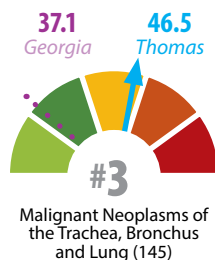
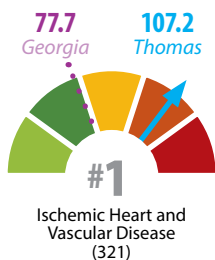


Percent without reliable access to a sufficient quantity of affordable, nutritious food.



TOP 5 CAUSES OF DEATH AND AGE-ADJUSTED DEATH RATE: 2016–2020

Deaths per 100,000. Source: Georgia Department of Health/OASIS



ASSESSING THE NEEDS OF THE COMMUNITY

In order to maximize our impact and operate efficiently, we determine the health needs in the communities we serve through analysis of quantitative federal, state and local data, as well as seeking qualitative input from members of the community, especially the underserved/underestimated. We have found it very effective to assess the health needs of the community through a combination of approaches. These include:

- utilizing assessments conducted by other organizations
- review of federal and state community health status data
- review of internal data such as patient volumes and screening outcomes
- participating in community organizations that identify needs
- responding to requests from the community

COMMUNITY INPUT

Each year, new information is considered and previously identified needs are validated as the organization sets priorities for outreach efforts. Although annual review of needs sometimes identifies something new, Archbold's prioritized efforts are directed toward needs that have been consistent over time. These include high rates of certain diseases as compared with the United States and the rest of Georgia and a need to improve access for underserved/underestimated citizens.

Input from community members representing the broader interests of the county was gathered through a combination of online and written surveys. These efforts yielded information that will be used in addressing barriers, allocating resources and assets and determining opportunities to support. Input was considered in determining gaps in services and to identify whether developing new relationships and partnerships was necessary to meet the needs of the community. This year we enhanced our approach to obtaining this information from our communities. An online

survey was accessible through our website (archbold.org), Archbold social media channels including Facebook, Instagram and Twitter. A press release was sent to the Thomasville Times-Enterprise asking for the community's participation. A website link and/or paper copies of the survey were sent to the following entities:

- Douglass High School Alumni Association—*survey link*
- Magnolia High School Alumni—*survey link*
- Southwest Georgia Technical College—*survey link*
- Thomas County Family Connection—*survey link*
- Thomas/Grady UGA Extension—*survey link*
- Thomas County Health Department—*paper copies and survey link*
- Primary Care of Southwest Georgia—*paper copies and survey link*
- Archbold employees—*survey link*
- Thomas County employees—*survey link*
- City of Thomasville employees—*survey link*
- Thomasville-Thomas County Chamber of Commerce—*survey link*
- Community Outreach Training Center—*survey link*
- Jack Hadley Black History Museum—*survey link*

On the following page are our survey responses.

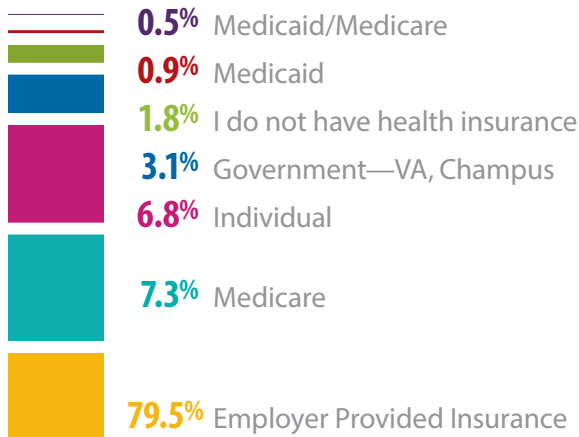
Qualitatively, the greatest medical needs according to community perception included:

1. Diabetes
2. Overweight/Obesity
3. High Blood Pressure
4. Heart Disease
5. Mental Health Issues
6. Cancer
7. Drug Addiction
8. Back or Joint Pain
9. Covid-19
10. Alcohol Abuse
11. Lung Disease
12. Other
13. Access to Vaccines

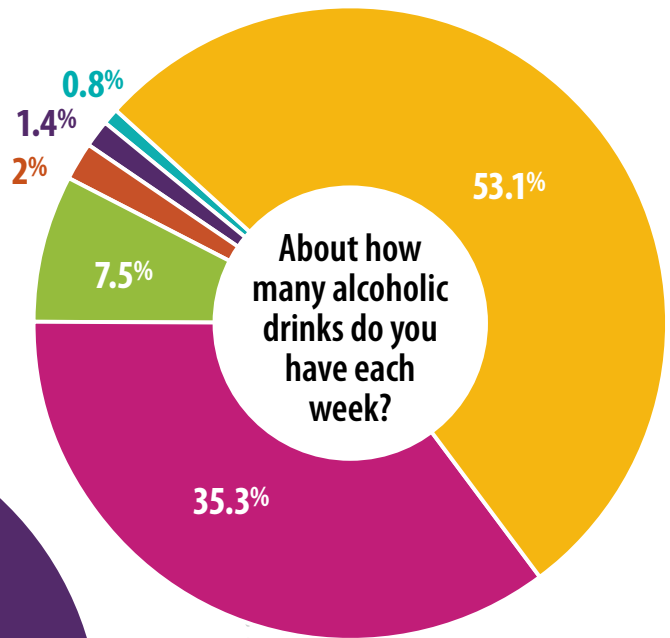
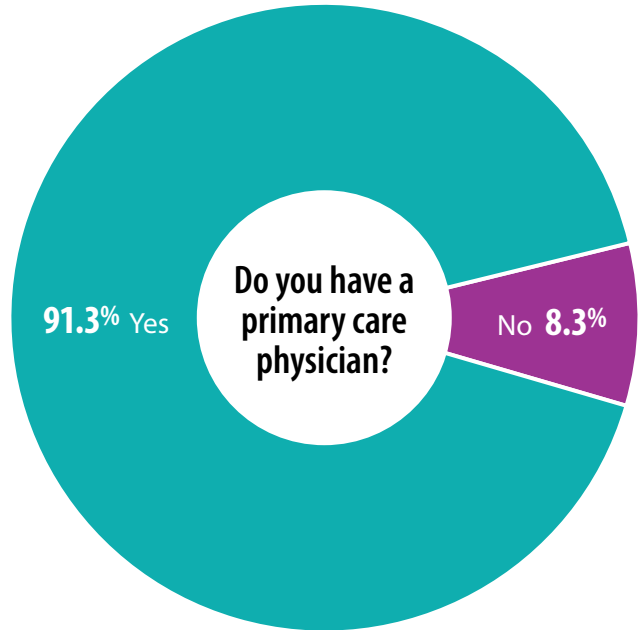
A quantitative analysis of some of the health issues we face every day is included in the Key Health Needs section. Evaluating both qualitative and quantitative information, we chose areas to focus our efforts on where we were best suited to have impact.

COMMUNITY HEALTH NEEDS SURVEY RESPONSES

Which of the following describes your current type of health insurance?*

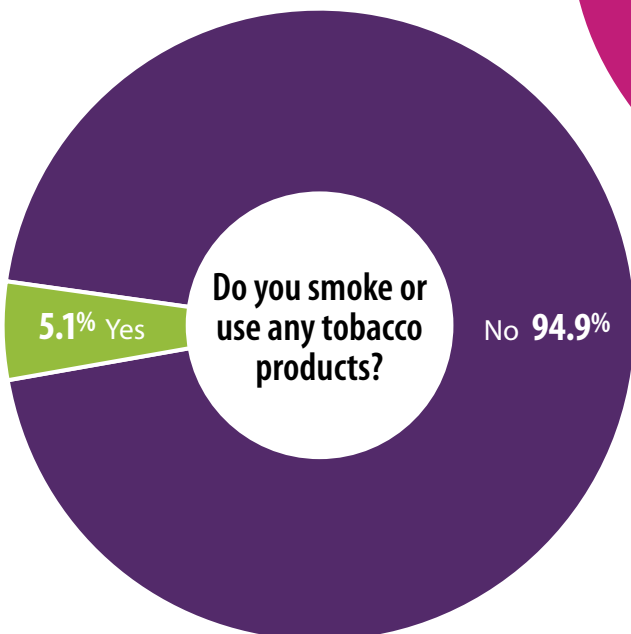


* The health insurance data represented here is reflective of survey participant responses. However, nearly 75% of Archbold Memorial Hospital's payer mix is Medicare and Medicaid.



KEY

- 0 drinks a week
- 1-4 drinks a week
- 5-8 drinks a week
- 9-12 drinks a week
- 13-16 drinks a week
- More than 16 drinks a week



Community Health Needs Survey Responses

What do you think are the top three health challenges people face in this community?



1 Diabetes



2 Overweight/Obesity



3 High Blood Pressure

What do you think are barriers for those in this community who do not seek or receive routine healthcare?



1 No health insurance



2 Lack of Income



3 Preventative healthcare not a priority

What do you think are the top three unhealthy habits that influence the overall health of the community?



1 Poor diet



2 Lack of exercise

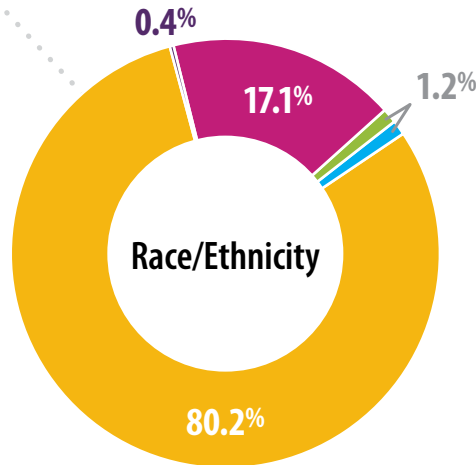


3 Alcohol use

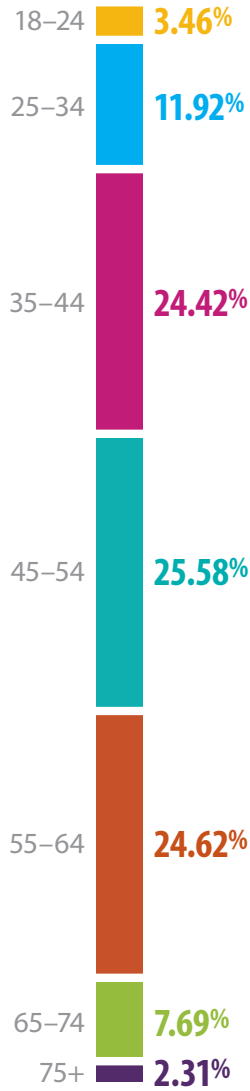
Community Health Needs Survey Responses

KEY

- Asian/Pacific Islander
- Black or African American
- Hispanic
- White/Caucasian
- Multiple ethnicity/Other

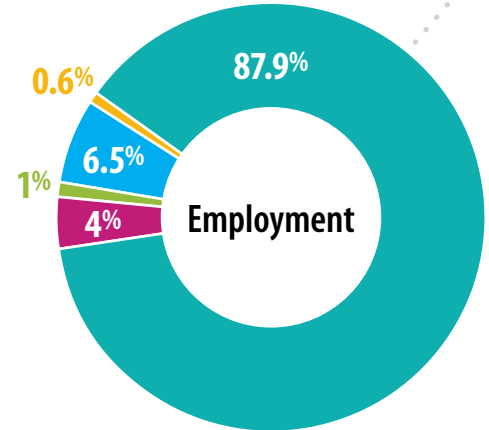


Age

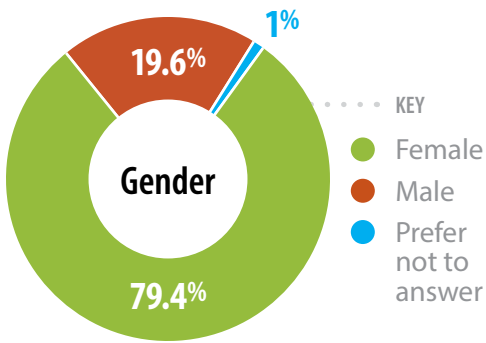


KEY

- Employed, working full-time
- Employed, working part-time
- Not employed, not looking for work
- Retired
- Disabled not able to work



Gender

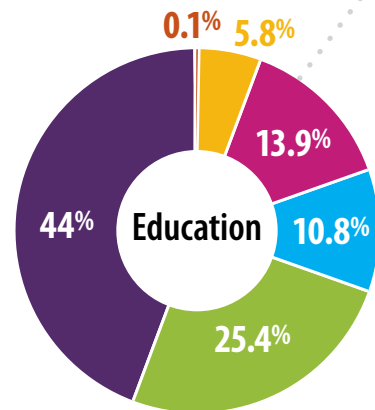


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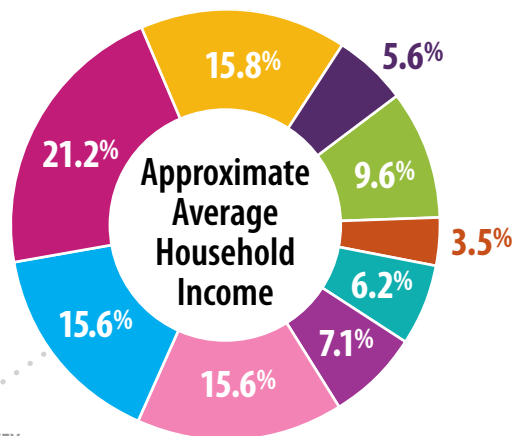
- Female
- Male
- Prefer not to answer

KEY

- Less than high school
- High school or equivalent
- Some college
- Associate
- Bachelor
- Graduate



Approximate Average Household Income



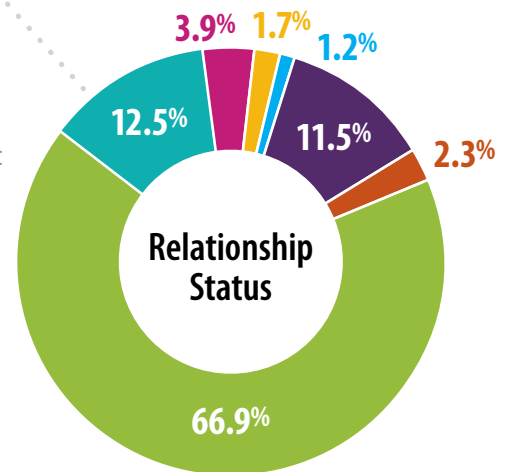
KEY

- \$0-\$24,999
- \$25,000-\$49,999
- \$50,000-\$74,999
- \$75,000-\$99,999
- \$100,000-\$124,999
- \$125,000-\$149,999
- \$150,000-\$174,999
- \$175,000-\$199,999
- \$200,000+

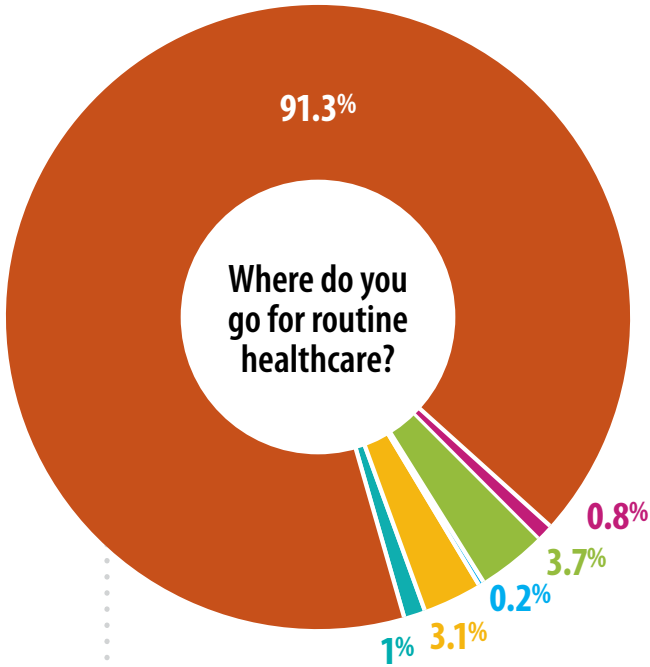
KEY

- Married
- Widowed
- Divorced
- Separated
- In a domestic partnership or civil union
- Single, but cohabiting with a significant other
- Single, never married

Relationship Status

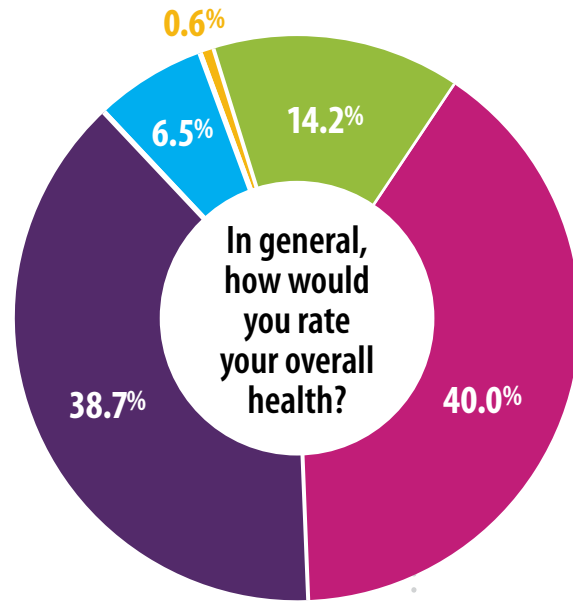
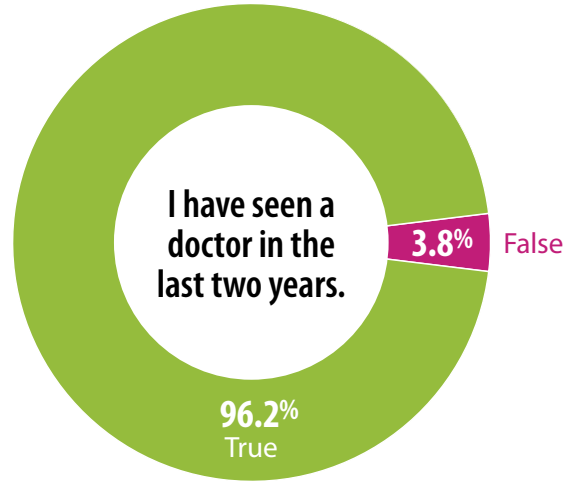


Community Health Needs Survey Responses



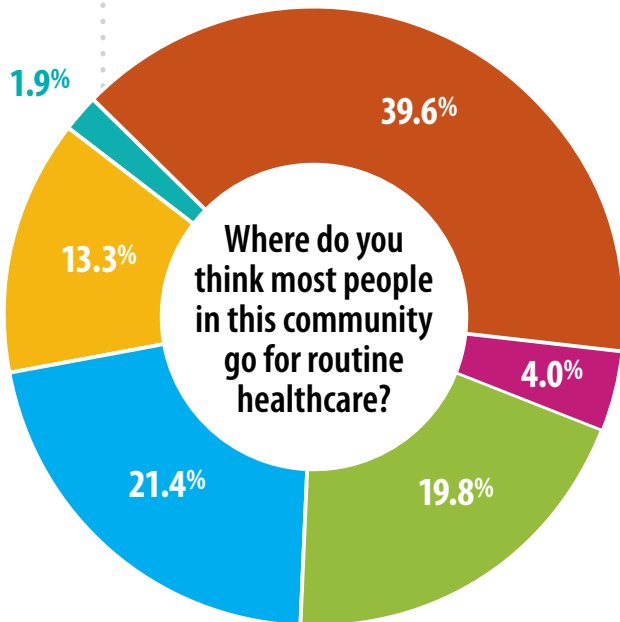
KEY

- Physician Office
- Health Department
- Urgent Care/Walk-in Clinic
- Emergency Department
- Do not seek healthcare
- Other



KEY

- Excellent
- Very good
- Good
- Fair
- Poor



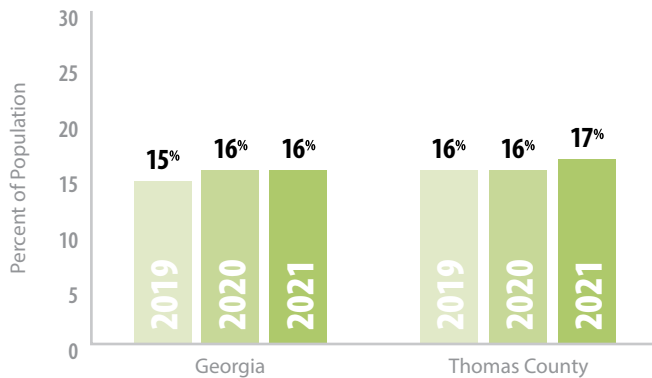
THE KEY HEALTH ISSUES OF THOMAS COUNTY



Access to care is an issue that typically impacts all of the other community health needs on our list. It is the degree to which individuals and groups are able to obtain a broad range of healthcare without excessive economic strain. According to input we received, a lack of health insurance still remains a large barrier to access. Other access issues that were expressed included lack of income, low level of education, preventative health not being a priority, inability to afford a co-pay and transportation. Nationally, the percent of uninsured under age 65 was at 8.6% in 2020. Comparatively, county and state percentages are below.

UNINSURED, UNDER AGE 65: 2019–2021

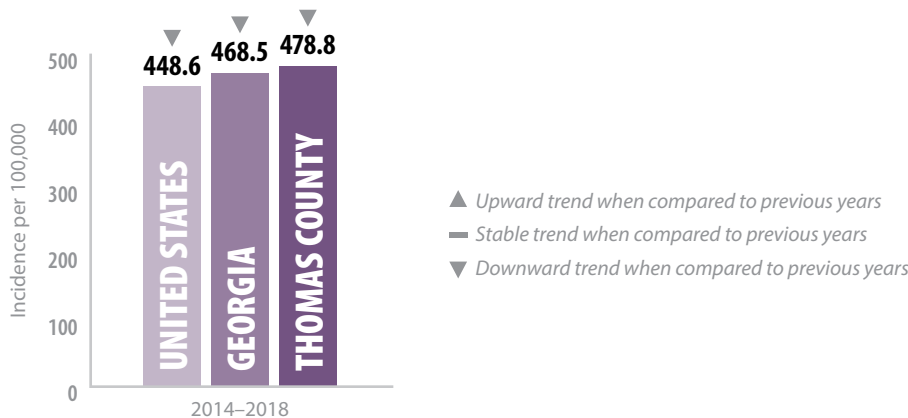
Source: University of Wisconsin Population Health Institute



Cancer is the second-leading cause of death among all diseases, both nationally and in Georgia. Some specific types of cancer are on the rise, but a review of all ages and all cancers reveal Thomas County's incidence rate between 2014–2018 (478.8) is higher than Georgia's rate, which is higher than the national rate. When comparing cancer death rates, African-Americans had higher rates for both males and females, regardless of gender. Non-Hispanic white females had a higher death rate from 2015–2019 than the Georgia average, 156.4 to 132.1, comparatively.

CANCER INCIDENCE SNAPSHOT: 2014–2018

All Cancer Sites, All Ages, All Races, Both Sexes. Source: State Cancer Profiles, National Cancer Institute, CDC



The Key Health Issues of Thomas County

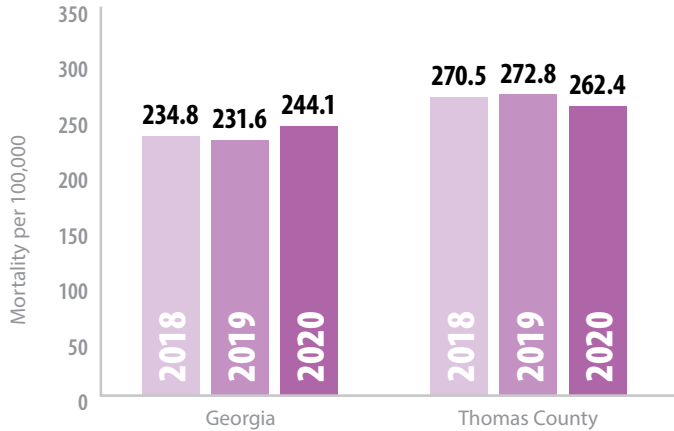
CARDIOVASCULAR DISEASE

According to the American Heart Association (AHA), cardiovascular disease (CVD) accounted for 874,613 deaths in the United States in 2019. Coronary heart disease (CHD) is the most common type of heart disease, killing over 360,900 people annually. High blood pressure, high cholesterol, smoking, obesity and diabetes are major risk factors for heart disease.

Thomas County ranks among the counties with the highest mortality levels in Georgia.

MAJOR CARDIOVASCULAR DISEASES MORTALITY: 2018–2020

All ages. Source: OASIS, CDC



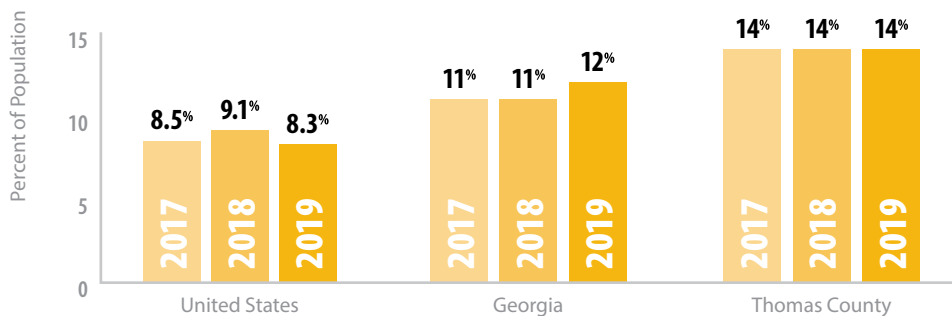
DIABETES

More than 34 million Americans have diabetes, and another 88 million US adults have prediabetes, a serious health condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. A person with prediabetes is at high risk of type 2 diabetes, heart disease and stroke. A person with diabetes is at high risk of heart disease, stroke and other serious complications, such as kidney failure, blindness and amputation of a toe, foot, or leg. According to the CDC, after an almost 20 year increase in diagnosed cases of diabetes in the United States, new cases have decreased by 35%.

The diagnosed diabetes rate in Thomas County exceeds both state and national rates.

DIAGNOSED DIABETES RATE: 2017–2019

Age adjusted. Source: CDC, National Diabetes Surveillance System, County Health Rankings and Roadmaps



The Key Health Issues of Thomas County

KIDNEY DISEASE

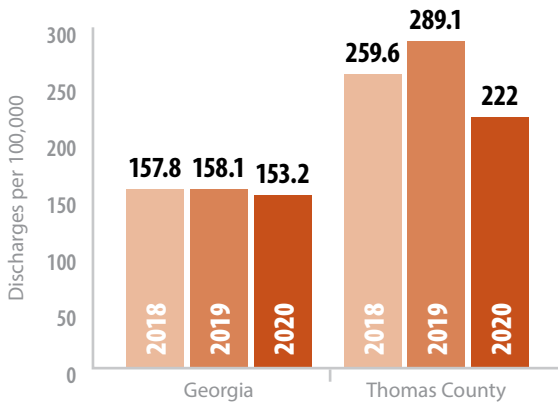


Chronic Kidney Disease (CKD) affects an estimated 37 million people, or 15% of US adults. When the kidneys stop working, dialysis or kidney transplant is needed for survival. Kidney failure treated with dialysis or kidney transplant is called end-stage renal disease (ESRD).

Two of the main causes of CKD are diabetes and hypertension—potentially reversible conditions with proper diet and exercise. The diabetes morbidity rate in Thomas County continues to be well above the state rates. While Thomas County’s hypertension morbidity rate fell below the state rate in 2019, the 2020 rate for Thomas County was well above the state rate again.

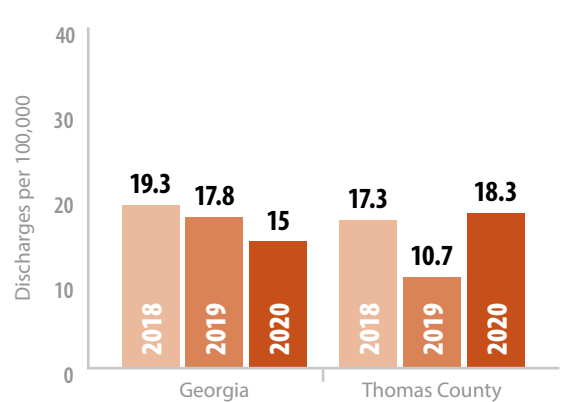
DIABETES MORBIDITY: 2018–2020

Deduplicated Discharges and Age-Adjusted Rate. Source: Oasis



HYPERTENSION MORBIDITY: 2018–2020

Deduplicated Discharges and Age-Adjusted Rate. Source: Oasis



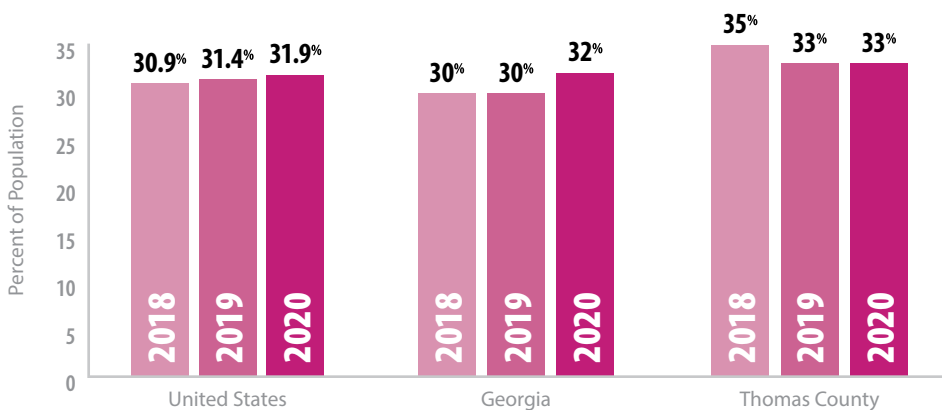
ADULT OBESITY



According to Healthline, 36.5% of adults in the United States are obese and another 32.5% are overweight. Obesity is a preventable, yet contributing cause of many other health problems, including heart disease, stroke, diabetes and some types of cancer, some of the leading causes of death in the country. Southwest Georgia has some of the higher adult obesity rates nationally.

ADULT OBESITY PREVALENCE: 2018–2020

Source: CDC-BRFSS, University of Wisconsin Population Health Institute



The Key Health Issues of Thomas County

RESPIRATORY DISEASE

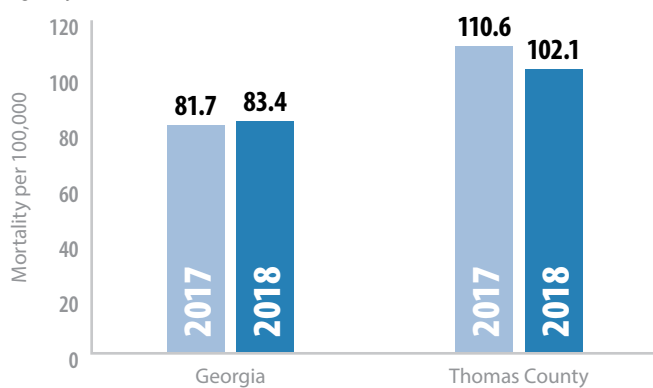


More than 25 million people in the United States have asthma. In 2018, approximately 15.7 million adults have been diagnosed with COPD, and 50% of adults with low pulmonary function were not aware they had COPD. Lung cancer is by far the leading cause of cancer death among both men and women. Each year, more people die of lung cancer than of colon, breast and prostate cancers combined. All represent major chronic respiratory diseases, and many cases can be prevented by not smoking.

The 2021 County Health Rankings and Roadmaps report estimates the smoking rate among adults in Thomas County is at 21%, compared to 16% in Georgia. In 2020, the CDC reported the smoking rate for adults to be 12.5% nationally.

CHRONIC LOWER RESPIRATORY DISEASES MORTALITY: 2017–2018

Age adjusted. Source: GA Oasis, CDC



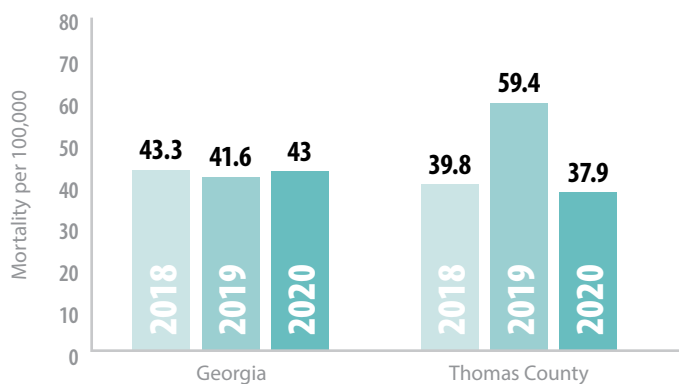
STROKE



Someone in the United States has a stroke every 40 seconds. Every 3.5 minutes, someone dies of stroke. Stroke is the fifth leading cause of death for Americans, but the risk of having a stroke varies with race and ethnicity. Risk of having a first stroke is nearly twice as high for Blacks as for whites, and Blacks have the highest rate of death due to stroke. Though stroke death rates have declined for decades among most races/ethnicities, Hispanics have seen an increase in death rates since 2013. High blood pressure, high cholesterol, smoking, obesity and diabetes are leading causes of stroke—1 in 3 US adults has at least one of these conditions or habits. By far, the country's highest death rates from stroke are in the southeastern United States.

STROKE MORTALITY: 2018–2020

Source: CDC, Oasis



OUR COMMITMENT TO THE COMMUNITY NEVER WAIVERS

Like others across the world, the COVID-19 pandemic presented many challenges for our health system. Though our 2019 clinical outreach initiatives, activities, and community events may resemble those of years past, our efforts in 2020 and 2021 may look quite different. However, when our community needed us most, we were there. And when it came to clinical outreach, we simply changed the way we did things. We shifted our focus from hosting large community gatherings to organizing virtual events. We also temporarily halted community screenings and implemented ongoing COVID-19 vaccine clinics to reach nearby communities we serve.

Even at the peak of the pandemic, while our dedicated clinical teams worked around the clock to care for community members that were fighting for their lives, Archbold's commitment to improving the health of citizens in our community never once wavered.

A COMMUNITY FOCUSED ON OVERCOMING OBESITY: LIVE BETTER

In the 2016–17 Community Health Needs Assessment, Archbold Memorial Hospital announced the launch of Live Better—an Archbold-led effort of key community leaders and partners focused on improving the overall health of citizens living in Thomas County.

With Archbold leading the charge, 44 Thomas County businesses, the Thomasville and Thomas County school systems, and government municipalities joined forces to address the one common underlying cause of all top health-related issues in our community—obesity.

Since its inception in 2017, Live Better has focused its efforts and resources on making changes to the environment we live in. Every Live Better activity, event, or partnership is focused in some way on improving the overall health of citizens living in Thomas County.

LIVE BETTER PARTNERSHIPS

From 2019 to 2021, Live Better formed partnerships with 17 local businesses. To date, Live Better has a total of 45 partnerships with local businesses that have committed to taking action in support of measurable Live Better goals.





LIVE BETTER EVENTS

LIVE BETTER PINK RUN

In 2019, Live Better hosted the fourth annual Live Better 5K Pink Run and Elite Challenge to kick off Breast Cancer Awareness Month. The annual run is designed to promote the link between obesity and cancer and raise awareness of the importance of early detection of breast cancer.

In 2020, the annual Pink Run was canceled due to COVID-19 precautions and the hospital's focus on preventing the spread of infection in our community.

As the community continued to battle variants of the COVID-19 virus, the decision was made to hold the 2021 Pink Run as a virtual event. Participants were encouraged to run or walk a 3.1-mile course of their choosing before October 2, 2021. As with previous Pink Run events, participants received a Pink Run shirt and gift bag for completing the virtual event.

LIVE BETTER HEART & SOLE FUN RUN

In February of 2020, Live Better hosted the third annual Heart and Sole Fun Run. The annual one-mile fun run for K-5 children is held each year in conjunction with Heart Month and is intended to promote living a heart-healthy lifestyle through physical fitness and healthy eating.

In 2021 and 2022, the annual Heart and Sole fun runs were canceled due to COVID-19 precautions and the hospital's focus on preventing the spread of infection in our community.

LIVE BETTER IN THE SCHOOLS

MY PLATE

From 2019 to 2021, Live Better continued using My Plate as the centerpiece of addressing our K-5 goals. Each year, we purchased a My Plate and placemat for every rising Kindergarten student and we worked with school nutrition directors to plan a grade-specific My Plate curriculum for all that is integrated into health education courses for all elementary school students. Students were encouraged to take the contents of their lunches and put the foods in the appropriate sections on the My Plate to visually see how to make a My Plate meal. We have committed to continued funding of these purchases as part of our long-term strategy.

◀ WELLNESS WEDNESDAYS

To help reinforce our school wellness curriculum, we created Live Better print materials to go home on a cyclical basis to parents of every K-5 student. Each Wednesday during the school year, a Live Better “Wellness Wednesday” health tip was shared during the morning announcements at school and a corresponding Live Better handout was sent home to parents.

SUPERFOODS & TRY DAYS

Working closely with the school nutrition directors, we selected superfoods to highlight and incorporate into the school cafeteria menu each month. As part of our Superfood of the Month series, Superfood posters were delivered to each school for display in the cafeteria during the respective months. We also designed and printed Superfood newsletters that went home to parents each month. The newsletters included nutritional benefits, preparation tips, and recipes for the superfoods their child was learning about at school.

◀ The superfood series also included Superfood “Try Days” at all Thomas County and Thomasville City elementary schools administered by our hospital food and nutrition team. Try-Days were reserved as a special day for students to taste the Superfood of the Month in a recipe that was prepared by our hospital chef. The recipes were then sent home to parents, as well. Students who tasted the superfood received an “I am a Superfood Hero, I tried something new today” sticker and were able to enter their names for door prize drawings.

In 2019, Try Days were held in person at each school. In 2020 and 2021, Try Days were held virtually due to the hospital’s focus on preventing the spread of COVID-19 in our community. Food for virtual Try Days was individually packaged and delivered to each classroom. A video about the Superfood was supplied by Archbold and played in the classroom for the students and teachers to watch as they participated in Try Day.



The 2022–2023 Implementation Plan and Progress

LB FIT 2019 ▶

In 2019, Live Better launched Live Better Fit (LB Fit), a 25-week wellness program. LB Fit was designed to be a collaboration of local businesses and gyms that are committed to teaching people how to lead a healthier and more active lifestyle.

LB Fit officially kicked off in June with 10 participants who were chosen to represent local gyms that served as Live Better partners at the time. Upon enrollment in the program, each participant underwent free health screenings including measurements of height, weight, and body measurements, as well as a lipid panel, and blood pressure and glucose tests performed by Archbold clinicians.

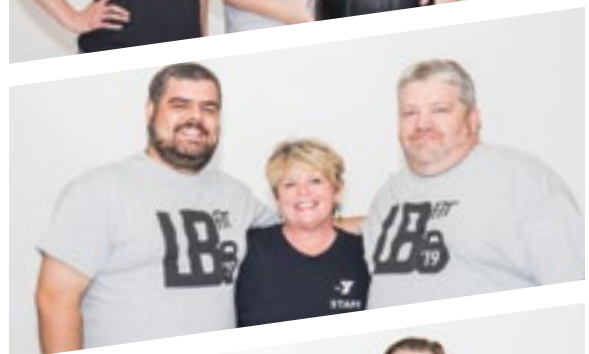
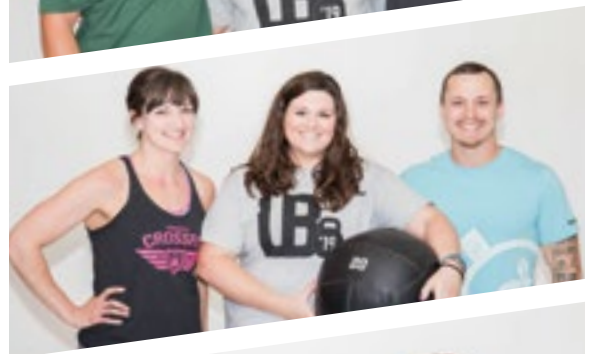
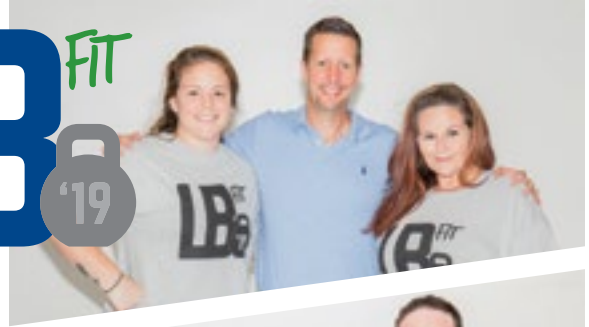
Throughout the 25-week program, exercise and fitness mentorship was provided to each participant by their respective Live Better partner gym. Participating gyms included BodyTrac, Factor X Fitness, Planet Fitness, Thomasville Crossfit, Townie: A Fitness Community, and the Thomasville YMCA.

Live Better partner Morrison Healthcare provided a dietitian for the program, who created and oversaw nutrition plans tailored to each individual participant, in order to help them meet their weight loss and nutrition goals. The dietitian also met with each participant each month for measurement and follow-up nutrition consults as needed.

Throughout the duration of the program, LB Fit participants received wellness education and access to a private, online support group. At the end of the 25-week program, participants received a final health screen to measure their progress and they were treated to a celebration with family and friends.

“Though there are many independent health, wellness, and exercise resources available in Thomas County. One of our goals with LB Fit is to create awareness of these resources and to demonstrate how when used together, they can improve the overall health of our community members,” said Todd Bennett, Archbold Clinical Outreach Manager.

Due to COVID-19 and the hospital’s focus on preventing the spread of infection in our community, the decision was made to forgo LB Fit in 2020 and 2021.



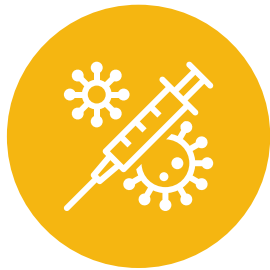
A COMMUNITY FOCUSED ON OVERCOMING COVID-19

Starting in December 2020, Archbold opened COVID-19 vaccine clinics across South Georgia. From December 2020 through March 2022, Archbold hosted 116 total vaccine clinics in Thomas, Brooks, Grady and Mitchell counties combined. We administered a total of 38,491 COVID-19 vaccines in that same time period.



38,491

Total Vaccines Administered by Archbold



“We had an overwhelmingly great response from our community to the vaccine clinics. We’re grateful to the Archbold team members and volunteers that played an instrumental part in ensuring our community members are vaccinated and protected from the dangerous impact of COVID-19.”

Chris Newman, Vice President of Clinical Services, Archbold Medical Center



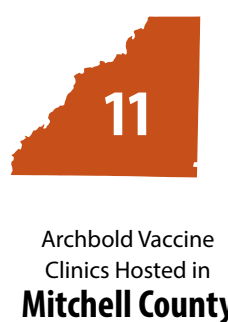
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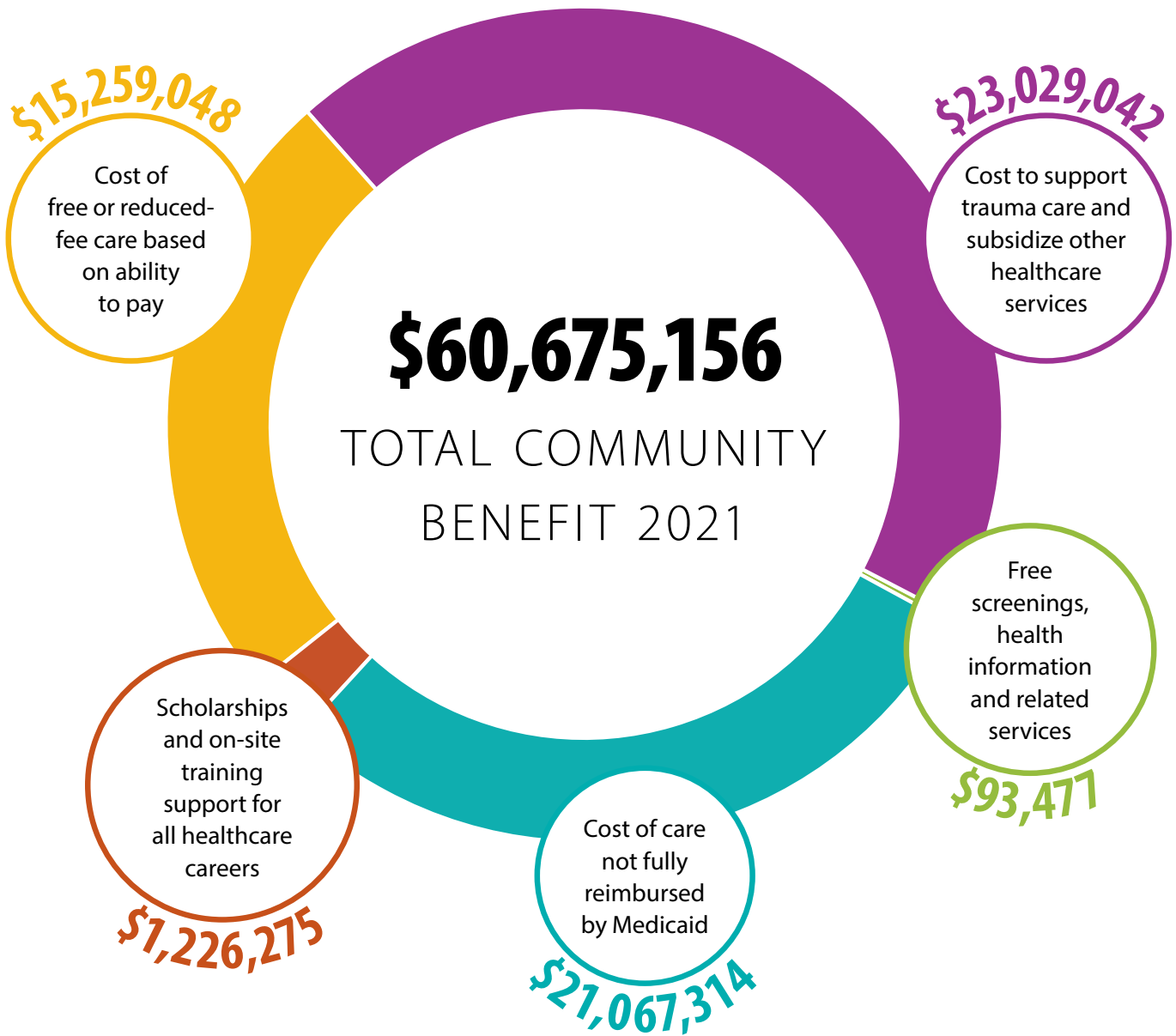


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COMMUNITY BENEFIT

Community Benefit is measured in different forms, some highly visible, some behind the scenes. In sum, Archbold’s efforts to live up to the core value of Community Benefit represents a massive investment, as represented below. Each area shows deep investment in the communities we serve, consistently aligned with the spirit of our existence for nearly 100 years.



ADDRESSING FUTURE HEALTH NEEDS: MOVING FORWARD

NEEDS NOT ADDRESSED

Not all health needs are easily addressed by Archbold. Further, keeping too broad of a focus will dilute the impact we can have on each health need. These are some of the primary reasons we aren't addressing some health needs in our implementation plan. Our biggest opportunity is to help with improving disease states by addressing obesity and remaining available for assistance with other health needs as requested and as time and finances permit.

SETTING PRIORITIES

Our nation learned a lot from the COVID-19 pandemic. We watched as comorbidities commonly associated with obesity (diabetes, hypertension, cancer, asthma, and physical inactivity) became classified by the Centers for Diseases Control (CDC) as risk factors for severe COVID-19. This further validates our efforts and focus on the overall health of citizens in Thomas County.

A SUSTAINED FOCUS ON THE OVERALL HEALTH OF THOMAS COUNTY

Live Better will continue its efforts toward making our community a healthier place for all residents of Thomas County. In the near term, we plan to evaluate Live Better's past efforts to determine what is working well and to identify areas where we can improve and fine-tune certain initiatives.

REINTRODUCING SAFE COMMUNITY EVENTS FOCUSED ON HEALTH

We're hopeful that in 2022 we will be able to safely bring back our in-person community events including the Live Better 5K Pink Run, the Live Better Heart & Sole Fun Run, and in-person Try Days at the elementary schools, as well as community health screenings.



