Atrium Health Wake Forest Baptist Lexington Medical Center Community Health Implementation Strategy

January 1, 2025 - December 31, 2027

Community health improvement is an effective tool for creating a shared vision and supporting a planned and integrated approach to improving health outcomes. The basic premise of community health improvement is that entities identify community health issues, prioritize those that can be addressed, and then develop, implement, and evaluate strategies to address those issues. Tax-exempt hospitals are required to conduct a community health needs assessment (CHNA) and develop an implementation strategy to document how the hospital will address prioritized community health needs. The following outlines a summary of the CHNA process and provides details on Atrium Health Wake Forest Baptist Lexington Medical Center's plans to address their prioritized community health needs.

SUMMARY OF CHNA PROCESS

In 2024, Atrium Health Wake Forest Baptist Lexington Medical Center conducted a Community Health Needs Assessment (CHNA) in Davidson County, which consisted of a comprehensive presentation and analysis of both qualitative and quantitative data.

The Atrium Health Wake Forest Baptist Lexington Medical Center CHNA relies on three sources of information:

Community Health Survey (primary data): Online and phone surveys conducted from January through June 2024, with 200 Davidson County residents completing questions related to the top health needs in the community. Residents were also asked about perception of their overall health, access to health services, and social drivers of health, including opportunities for a healthier community.

Stakeholder Interviews (primary data): Conducted through an online survey with internal and external stakeholders. These 18 individuals helped to identify the community's most pressing health issues and effective health improvement strategies.

Metopio (secondary data): Atrium Health has a contract with Metopio to provide an internet-based data resource for their hospitals. This robust platform offers curated data from public and proprietary sources for information on health behaviors and health risks, health outcomes, health care utilization, demographic, and community-level drivers of health like economic, housing, employment, and environmental conditions. Data for each indicator is presented by various demographic characteristics when the data is available (Metopio: https://public.metop.io).

Top Health Issues Identified

- Cancer
- Diabetes
- Disabling Conditions
- Heart Disease and Stroke
- Housing
- Infant Health & Family Planning
- Injury and Violence
- Mental Health
- Nutrition, Physical Activity & Weight
- Respiratory Disease
- Sexual Health
- Substance Abuse
- Tobacco Use

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The top health issues identified were presented to the Atrium Health Wake Forest Baptist Lexington Medical Center's Steering Council, and members were asked to rank the issues based on the following criteria: size/seriousness of the problem, effectiveness of available interventions, available resources to address the health issue, health care system adequately situated to address the health issue, meets a defined community need as identified through data, potential for issue to impact other health and social issues and ability to effectively address or impact health issue through collaboration.

Using these criteria, Atrium Health Wake Forest Baptist Lexington Medical Center has prioritized these significant health needs to address in 2025-2027:

Significant Need	Implementation Strategy Selection Reasoning
Access to Care	Access to mental health and substance use care is crucial for Davidson County, North Carolina, due to the significant impact these issues have on the community. With 27% of respondents to the community survey reporting fair or poor mental health and 9.4% of respondents saying they were unable to get mental health services when need in the past year, the need for accessible care is evident. Effective mental health and substance use services can help reduce the rates of emergency department visits and overdose deaths, which have been areas of concern. By improving access to care, Davidson County can foster a healthier, more resilient community, ensuring that individuals receive the support they need to lead fulfilling lives.
Chronic Disease: Diabetes and Stroke	Prioritizing the management and prevention of stroke and diabetes, is essential for improving overall public health and reducing the burden of these serious conditions. Heart disease and stroke are leading causes of death locally and globally, necessitating early detection, lifestyle modifications, and access to effective treatments to mitigate risks. Diabetes, with its intertwined treatments, requires robust screening programs, research advancements, and patient support systems to enhance survival rates and quality of life. By prioritizing these conditions, Lexington Medical Center can allocate resources more effectively, promote healthier lifestyles, and ultimately improve patient outcomes and longevity.

PRIORITY: Access to Care

DESCRIPTION OF HEALTH NEED DATA:

- One hundred percent of Key Informants indicated that Mental Health and Substance Use were moderate to major issues facing Davidson County.

Source: PRC, Davidson County Key Informant Survey, 2024

- Davidson County experienced an age-adjusted mortality rate of 37.4 deaths per 100,000 population due to drug overdoses, significantly higher than the North Carolina average of 23.9 and the national average of 22.4.

Source: Metopio, NVSS-M and the CDC, 2016-2020

- Twenty-seven percent of Davidson County phone survey respondents reported fair or poor mental health.

Source: PRC, Davidson County Community Health Survey, 2024

STRATEGY #1: Increase access to Behavioral Health Services

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Explore initiating a Narcan distribution program to any community member	• Emergency Department • Pharmacy Department	• Identify and refer patients to appropriate Behavioral Health services • Increase awareness and access to mental health services in the community • Decrease overdose deaths in Davidson County

MEASURING OUR IMPACT

- Number of Emergency Department visits for substance use/overdose
- Number of individuals screened and referred
- Number of individuals served through Narcan distribution program

**Impact measures are subject to change depending on the direction of each intervention.*

PRIORITY: Chronic Disease: Diabetes and Stroke

DESCRIPTION OF HEALTH NEED DATA:

- Prevalence of Diabetes is 16.4% which is 4% higher than the state and national numbers while another 13.1% of adults have been diagnosed with 'pre-diabetes'.

  Source: PRC, Davidson County Community Survey, 2024, BRFSS Data 2022

- Of the survey respondents 94.3% exhibit one or more cardiovascular risks or behaviors compared to the US at 87.8%.

  Source: PRC, Davidson County Community Survey, 2024

- Over 88% of Key Informants believe that heart disease and stroke are a major to moderate problem in Davidson County.

  Source: PRC, Davidson County Key Informant Survey, 2024

Strategy #1: Build awareness and education through screenings and prevention

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Refer to smoking cessation program • Screen inpatients for hypertension, diabetes, cholesterol, smoking and Afib • Provide blood pressure screenings at community events and make referrals as needed • Screen patients for social needs	• Lexington Medical Center diabetes educators • Lexington Medical Center stroke program • Inpatient unit • Community organizations • FindHelp, Community Resource Hub	• Reduce stroke incidents in Davidson County • Decrease rates of diabetes prevalence in Davidson County • Improve health outcomes for patients diagnosed with stroke or diabetes

MEASURING OUR IMPACT

- Number of individuals served, and referrals provided
- Number of education sessions provided
- Number of screenings
- Number of social health screenings

**Impact measures are subject to change depending on the direction of each intervention.*

Adoption of the Implementation Strategy

The Community Health Implementation Strategy was adopted by the Lexington Medical Center Board of Directors on April 24, 2025.

Note: Plans to address selected CHNA priorities are dependent upon resources and may be adjusted on an annual basis to best address the health needs of our community.