Atrium Health Wake Forest Baptist

Lexington Medical Center Community Health Implementation Strategy

January 1, 2026 - December 31, 2028

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 Lexington Medical Center plans to address their prioritized community health needs.

SUMMARY OF CHNA PROCESS

In 2025, 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.

Lexington Medical Center CHNA relies on multiple sources of information:

Community Health Survey (Primary Data): Online surveys were conducted from February through April 2025, with nearly 7,500 respondents regionally and 838 Davidson County residents participating. The survey captured perspectives on priority health needs, self-rated overall health, access to health services, and key social drivers of health, including factors that support opportunities for a healthier community.

Key Informant Interviews (Primary Data): Within the 2024 CHNA cycle 18 key informant interviews were conducted by email with key leaders to identify the top social drivers of health and health conditions/behaviors in the community. These interviews were revisited and incorporated in the current CHNA cycle to build on previously identified insights.

Metopio (Secondary Data): Advocate 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 demographics when the data is available (Metopio: https://public.metop.io).

County Health Rankings and Roadmaps: Davidson County 2025 (Secondary Data): A program of the University of Wisconsin Population Health Institute provides a compilation of data using county-level measures from a variety of national and state data sources

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Top Health Issues Identified

- Access to Care
- Alcohol and Substance Use
- Chronic Disease and Prevention
- Economic Stability/Social Drivers of Health
- Mental Health

The top health issues identified were presented to the Lexington Medical Center 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, Lexington Medical Center has prioritized the significant health needs to address in 2026-2028:

Significant Need	Implementation Strategy Selection Reasoning
Access to Care	Access to care means having the ability to obtain affordable, relevant health services and wellness programs that raise the quality of life for everyone. It includes local options for basic health care like screening and prevention services and having access to health care providers when urgent health care needs arise.
Chronic Disease	Chronic Diseases are long-term health problems that often develop slowly from genetic, environmental, and lifestyle factors. Some common ones are heart disease, diabetes, cancer, and asthma. These diseases can make daily life harder and often need ongoing medical care. Over half of Americans have at least one chronic disease. (CDC, 2024)

For each prioritized health need, the hospital plans to commit resources, which may include staff time, information technology systems, outreach, promotions and educational materials, funding, medical supplies, and other resources as available.

PRIORITY: Access to Care

DESCRIPTION OF HEALTH NEED DATA:

- Of adults surveyed, 31% reported that someone in their household delayed or did not receive needed health care in the past year.
- Medical debt in the United States averages 5.0%, with North Carolina experiencing a higher rate of 8.5%. Davidson County has an even higher medical debt rate of 11.3%.
- Family Medicine providers per capita (per 100,000 residents) – in Davidson County is 10.1 which is significantly lower than the state at 30.8.

STRATEGY #1: Increase access to Behavioral Health services

COLLABORATIVE PARTNERS AND RESOURCES

- LMC Pharmacy Department
- LMC Emergency Department
- Davidson County EMS

MEASURING OUR IMPACT

- Number of Narcan kits dispensed
- Emergency department visit rate for overdose

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

PRIORITY: Chronic Disease and Prevention

DESCRIPTION OF HEALTH NEED DATA:

- Secondary data shows that Davidson County has notably higher rates of heart disease deaths, Covid 19 deaths and stroke deaths particularly among the non-Hispanic white population.
- *Within the top three leading causes of death two are chronic diseases: heart disease and cancer.*

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

COLLABORATIVE PARTNERS AND RESOURCES

- Lexington Medical Center stroke program team

MEASURING OUR IMPACT

- Number of education sessions provided
- Number of screenings provided

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

Needs Not Addressed

This Community Health Implementation Strategy focuses on the above priority health needs selected by the hospital based on community input, available resources, and alignment with organizational and community partner capacity. The Community Health Needs Assessment (CHNA) also identified additional significant health needs, including medical debt, social drivers of health including food security and housing as well as mental health needs. These needs are not addressed in this CHIS due to factors such as limited hospital resources, the presence of existing initiatives led by other organizations, or a determination that the hospital is not best positioned to lead efforts in these areas at this time. Lexington Medical Center will continue to collaborate with community partners and share resources, when appropriate, to support progress on these needs within the community.

Adoption of the Implementation Strategy

The Community Health Implementation Strategy report was adopted by Lexington Medical Center Board of Directors on May 13, 2026.

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.