

## Brookwood Baptist Medical Center Community Health Needs Assessment Implementation Strategy Update

Health Priority	Goals, Objectives, Strategies, and Partnerships	Activities / Performance / Outcomes
<b>Maternal Fetal Medicine</b>	<p>To support activities aimed at increasing education and awareness regarding women's health in maternity care.</p> <p>Partnerships: Brookwood Baptist Medical Center, Steps Ahead Maternity Care Program, Junior League, Mother's Milk Bank of Alabama</p>	<ul style="list-style-type: none"> <li>• Networking opportunities for physicians to be educated on MFM services and support                             <ul style="list-style-type: none"> <li>○ Opportunities ongoing</li> </ul> </li> <li>• Educational classes at BWMC to prepare mothers and families for new babies such as Lactation consultants on site for in-hospital education, breast feeding helpline once mother is home, Breastfeeding Support groups, and in-hospital patient education specific to maternity/infant care through Lodgenet Education channels                             <ul style="list-style-type: none"> <li>○ Classes ongoing</li> </ul> </li> <li>• Educational classes for Grandparents to provide information on safety awareness, infant care, and other topics but also addressing not getting in the way of the new parents being parents                             <ul style="list-style-type: none"> <li>○ Classes ongoing</li> </ul> </li> <li>• Our Family Support Program recommends community support groups to families experiencing loss as well Amelia Center, Clearbranch Grief Support Group, and Community Grief Support</li> <li>• Launch of Birth Navigator program to meet with prospective mothers with the goal of collaboration regarding their delivery and birth plan.                             <ul style="list-style-type: none"> <li>○ Launch scheduled for Q4 2017</li> </ul> </li> <li>• Community based breastfeeding support groups staffed with Lactation Consultants</li> </ul>
<b>Cardiovascular Disease</b>	<p>To support activities aimed at increasing education, awareness, and the reduction of cardiovascular disease and related health conditions.</p> <p>Partnerships: Cardiovascular Associates, Brookwood Baptist Health Be Well, American Heart Association, Workforce Wellness Program, Weight Watchers, BBH Primary and Specialty Clinics</p>	<ul style="list-style-type: none"> <li>• Provide educational material on cardiovascular disease and risk factors associated with cardiovascular disease.</li> <li>• Support the Brookwood Baptist Health Be Well program initiatives aimed at identifying and reducing potential cardiovascular disease risk factors including BP screenings, cholesterol checks and health eating/nutritional education                             <ul style="list-style-type: none"> <li>○ Screening opportunities ongoing</li> </ul> </li> <li>• Physician education opportunities available through local CME events on cardiovascular related topics                             <ul style="list-style-type: none"> <li>○ Opportunities ongoing</li> </ul> </li> </ul>

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<p><b>Obesity</b></p>	<p>To support activities aimed at identifying early risk factors related to obesity as well as providing education on the importance of healthy living through increased physical activity and proper nutritional health.</p> <p>Partnerships: Brookwood Baptist Health Be Well, Healthy over Hungry, Morrisons Cafeteria, American Heart Association, Alabama Obesity Task Force</p>	<ul style="list-style-type: none"> <li>• Ongoing education at accredited Bariatric Center providing weight loss surgeries for qualifying patients to include informational session and seminars for interested candidates. <ul style="list-style-type: none"> <li>○ Classes ongoing</li> </ul> </li> <li>• Pre and Post op classes taught by dietitians who coordinate appropriate dietary care with bariatric center and physicians.</li> <li>• Participation in Healthy over Hungry Campaign cereal drive each year. <ul style="list-style-type: none"> <li>○ Participation completed</li> </ul> </li> <li>• Support the Brookwood Baptist Health Be Well Program initiatives aimed at reducing the risk factors associated with obesity.</li> <li>• Provide educational material at community health screenings on the importance of a healthy lifestyle and reducing obesity.</li> <li>• Cooking demos throughout local media and community events to reach potential consumers with obesity risk factors. <ul style="list-style-type: none"> <li>○ Cooking demos and monthly education for employees and potential customers is ongoing each month</li> </ul> </li> <li>• Monthly education on hospital campus for employees and general population on designated "superfood" for the month to promote health eating and healthy living.</li> <li>• Food is used throughout the month in various dishes that are offered.</li> <li>• Support of the Moms Meals that are offered through our pharmacy for patients post hospital stay. Program is geared towards nutrition based meals that can follow a multitude of regimens including but not limited to: low sodium meals, gluten free meals, renal focus meals, etc. <ul style="list-style-type: none"> <li>○ Support began 9/1/17</li> </ul> </li> </ul>

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<b>Diabetes</b>	<p>To support activities aimed at increasing education, awareness, and reduction of diabetes in community.</p> <p>Partnerships: Children's of Alabama Diabetes Center, Brookwood Baptist Health Be Well program,</p>	<ul style="list-style-type: none"> <li>• Ongoing education about proper eating habits, exercise, and managing diabetes through Diabetes Education Classes. <ul style="list-style-type: none"> <li>○ Diabetes education classes are offered monthly and are ongoing</li> </ul> </li> <li>• Support of wellness screenings for those to be tested for diabetes or pre-diabetes risk factors.</li> <li>• Education provided for expectant mothers identified with gestational diabetes.</li> <li>• Dietitians work with these mothers to educate on meal planning and health lifestyle during and post pregnancy.</li> </ul>