

# 2022 Implementation Plan for Unity Medical Center (UMC)

## **Priority Area: Reducing Adult Obesity**

**Goal: Support healthy behaviors that improve health outcomes and reduce adult Body Mass Index (BMI) scores**

### **Strategies:**

1. Continue promotion of senior meal sites, along with indoor walking at locations by medical providers
2. Promote, expand, and continue to sponsor established prevention and wellness programs throughout the county
3. Expand Worksite Wellness activity sharing between UMC, Walsh County Health Department and other businesses
4. Grow partnership with the schools and the UMC Physical Therapy and Dietetics departments
5. Actively participate in and host community events promoting wellness activities, healthy food options and weight loss throughout the county

## **Priority Area: Recruiting Healthcare Staff**

**Goals: Expose students to healthcare careers; fill open healthcare positions in the county**

### **Strategies:**

1. Host Scrubs Camp for 9<sup>th</sup> grade students in the region
2. Continue to hire interns and host job shadow students through North Valley Career and Technology Center
3. Invest in apprenticeship program through Lake Region State College and others as interested
4. Participate in virtual job shadow creations to use for recruitment
5. Provide scholarships for certified nursing assistant training
6. Attend regional job fairs and host career exploration events for adults and youth
7. Partner with community groups by hosting and sponsoring area recruitment events and projects

## **Priority Area: Increasing Access to Specialist Providers, Including Behavioral Health Providers**

**Goal: Increase availability and access to mental health and other additional services**

### **Strategies:**

1. Evaluate current health services provided by UMC and see opportunities to expand services and resources
2. Continue and expand the Powerful Tools for Caregivers classes
3. Include mental health service follow-ups in the Chronic Care Management program
4. Support county schools and businesses through supplemental education and resource guides highlighting mental health services offered by UMC and others throughout the county
5. Support local agencies providing behavioral health services and new agencies looking to expand resources in Walsh County

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## **Other Needs Identified in the Community Health Needs Assessment (CHNA), but not Addressed in this Implementation Plan**

The health needs listed below were also identified to be important to the community. At this time the hospital will allocate its resources to the priority needs identified on the previous page. While the implementation plan for UMC will not focus attention on these topics, UMC is confident in the current or scheduled work being done to address these topics by numerous programs and initiatives operated by UMC, other organizations within the hospital system, community partners of UMC and statewide task forces.

## **“Availability of Resources to Help the Elderly Stay in Their Homes”**

UMC will collaborate with economic development and city agencies as they work on housing development in the county.

Community support for the UMC building project helps assure that UMC remains an option for patients needing acute and swingbed care. Under our care patients increase strength and confidence before moving on to the next phase of care. Our discharge planning and outpatient programs allow for continued strengthening, education and therapy to keep them strong and well.

## **“Having Enough Child Daycare Services”**

UMC will support the collaborative work with all entities in the community as they address childcare shortages throughout the county. UMC is not the most suitable champion in this arena and anticipates that other agencies will lead the efforts to address this need. Sponsoring project work focused on increasing childcare services will in turn assist with recruiting young families to the community, increasing the healthcare workforce throughout the county, and providing sources of income for those working at the childcare centers.

## **“Alcohol Use and Abuse – Adults” and “Alcohol Use and Abuse - Youth”**

Many initiatives are currently in place and multi-disciplinary groups throughout Walsh County are focused on reducing alcohol use and abuse in adults and youth. UMC will continue to support, promote, and sponsor these initiatives and provide representatives on the coalitions.

UMC also feels that a reduction in alcohol use and abuse will be one of the results realized through the collaborative work focused on reducing obesity and, thus, improving health and wellness throughout the county.