



2019 Community Health Needs Assessment & Implementation Plan

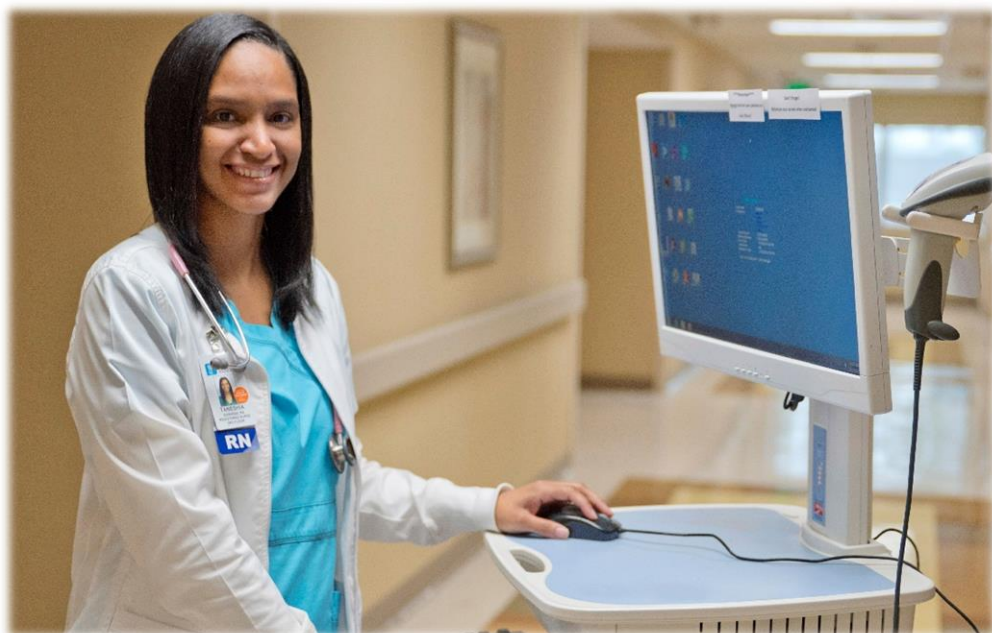


2019



Welcome to Russell Medical

Exceptional healthcare awaits you at Russell Medical, located in Alexander City, Alabama close to the pristine waters of beautiful Lake Martin. Russell Medical is a progressive, not-for-profit, acute care facility serving the needs of east Central Alabama. Our mission is simple: Being the best because, *we care*. Inside our doors you will find cutting edge technology, professionals of the highest caliber, and leadership committed to utilizing all our resources to improve the quality of every life we touch. Russell Medical has been accredited by The Joint Commission since 1959.





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A Letter from the Chairman to the Community

Dear Friends,

Russell Medical is pleased to present our 2019 Community Health Needs Assessment and Implementation Plan.

With input from local professionals with an understanding of health needs in the region, we have reviewed, identified and prioritized community health needs of residents of Alexander City, the Lake Martin area and Tallapoosa County.

These individuals provided first-hand knowledge, expertise, and valuable guidance in assisting Russell Medical in reviewing progress over the past three years, assessing programs and resources, and providing thoughtful input into ways to enhance local residents' health and wellness in collaboration with other community-based organizations.

Our Board of Directors has reviewed and adopted the 2019-2022 Community Health Needs Implementation Plan and continues its commitment to leveraging existing programs, services, and resources to assist area residents in achieving their highest level of health and wellness. Russell Medical will continue its primary focus of working with other organizations to address the health needs of persons residing in Alexander City and Tallapoosa County.

Please visit us at www.russellcares.com for more information and follow our progress.

Warm Regards,

Hugh Neighbors, III
Chairman
Russell Hospital Corporation
Board of Directors





Acknowledgement

Russell Medical's Community Health Needs Assessment and Implementation Plan was developed by Russell staff with the assistance of LEGACY CONSULTING GROUP and generous input from a broad group of people representing the health interests of residents of Alexander City, the Lake Martin area and Tallapoosa County, Alabama.

The individuals listed below contributed immeasurable value in the formation of this report, providing professional knowledge, expert medical information, and community input regarding health need advocacy. Russell Medical would like to acknowledge these individuals and thank them for their generous time and contributions to this assessment.

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About Russell Medical

Recognized as one of the premier healthcare facilities in the state, Russell Medical is the area's largest hospital with 81 beds and 52 physicians on active medical staff. With sophisticated technology, doctors at the medical center treat patients in over 28 specialties. UAB Medicine – Russell Medical Cancer Center provides comprehensive cancer treatment for patients including radiation and chemotherapy, and alleviates the burden of traveling out of area for treatment.



Health Partners of Goodwater

Conveniently located on Alabama Highway 9 just beyond Madix, Health Partners of Goodwater is available to treat your family's healthcare needs. John Adams, M.D. and Lisa Steele, CRNP, certified registered nurse practitioner, treat a wide array of illnesses and injuries. Trust the staff at Health Partners for your primary care needs including: disease prevention and management, wellness checks, adult vaccinations, sports physicals, flu shots and health screenings. Health Partners of Goodwater has immediate referral access to all physicians at Russell Medical.



Medical Park Family Care

Nestled along scenic drive in Dadeville, AL, Medical Park Family Care offers patients the option of walk-in service or scheduled appointments. Dr. Jamie Evans treats a broad spectrum of injuries/illnesses, and has immediate referral access to the entire staff of specialists at Russell Medical. Medical Park Family Care was designed to meet the healthcare needs of local residents and the ever-increasing tourist population of Lake Martin. The facility

provides a full range of services including: family medicine, EKGs, in-house x-rays, laboratory services and nebulizer treatment for asthma patients.

Total Healthcare

Total Healthcare is the primary care office of Doctors Adams, Edwards, Hinkle and Vines. The physicians at Total Healthcare provide timely, efficient and total care for their patients in a comfortable and friendly environment. The brand new, state-of-the-art facility is conveniently located on the Russell Medical campus. The medical team at Total Healthcare can take care of all your primary care needs.



Russell Medical Urgent Care

Russell Medical's newest service, Russell Medical Urgent Care is open seven days a week. The Urgent Care is an expansion of treatment options available on the Russell Medical campus. The Urgent Care is conveniently located behind the cancer center. The walk-in clinic treats injuries and illnesses requiring immediate care but not serious enough to require an emergency room visit.



Purpose and Scope

The purpose of Russell Medical's community health needs assessment (CHNA) and implementation plan is to enhance the health and wellness of individuals living in our community.

While Russell Medical is a regional health care provider serving east central Alabama, the scope of this CHNA addresses the health needs of residents who live within our primary service area community of Alexander City and Tallapoosa County.



Approach and Process

Russell Medical's approach to achieving community health improvement priorities follows a six-step process designed to be updated every three years to assess progress in addressing the health needs of the community.

It begins with defining Russell Medical's target community, and then assessing the health needs of the community using available health data and input from a broad range of advocates representing the health interests of the residents within the community.

After the health needs are identified, individuals representing the target community establish the health improvement priorities for the community.



From the list of health improvement priorities developed by health advocates of our community, the leadership at Russell Medical met to develop strategies and plans to address the identified health need priorities.

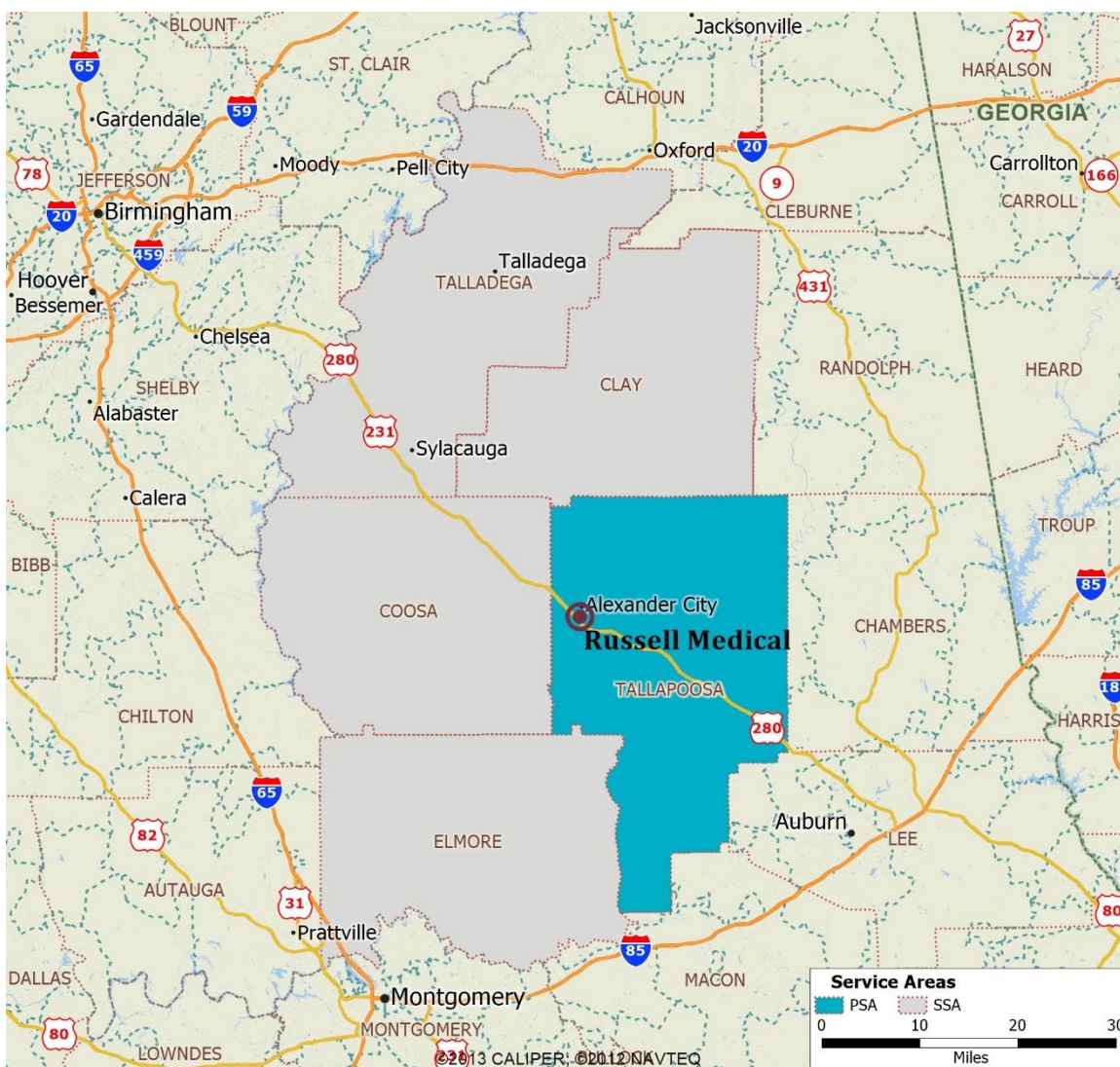
These strategies and plans were then implemented and reported to the public via the hospital's website as Russell Medical's Community Health Needs Assessment and Implementation Plan.



Russell Medical's Community

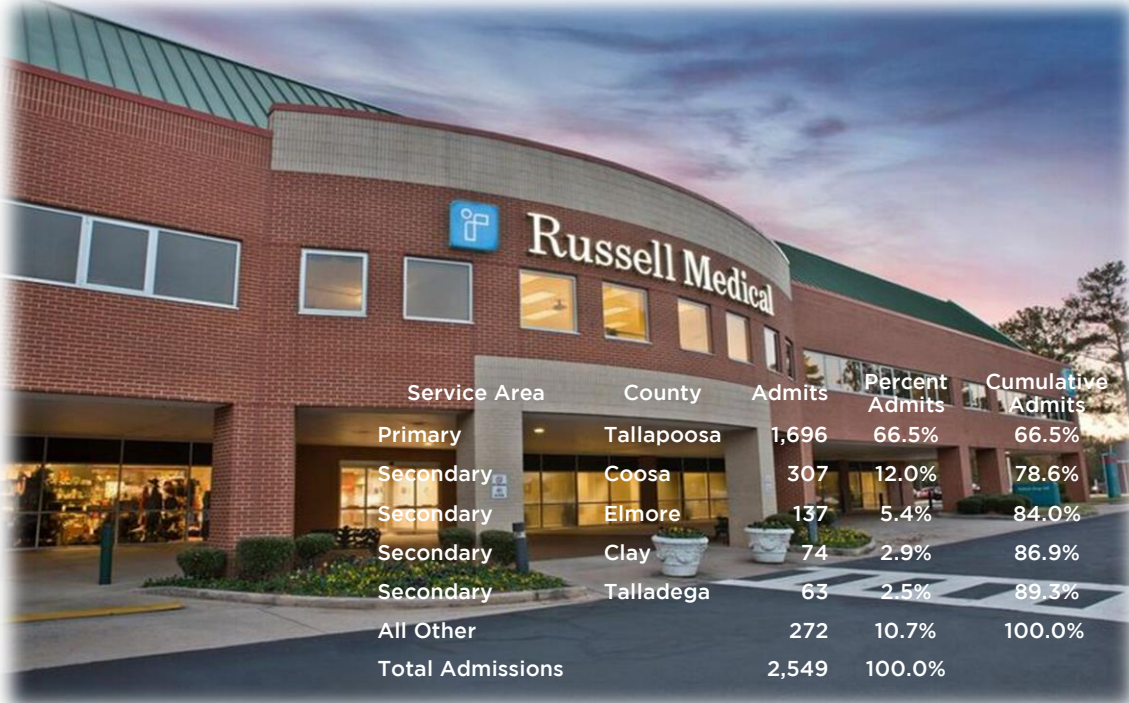
In 2018, Russell Medical received 67% of its admissions from Tallapoosa County, and another 23% of admissions coming from Coosa, Elmore, Clay and Talladega counties in east central Alabama.

Russell Medical's Primary and Secondary Service Area



Based on residence of admissions, Russell Medical defines its primary service area community as Tallapoosa County. Russell Medical's secondary service area is defined as Coosa, Elmore, Clay and Talladega counties in east central Alabama.

Russell Medical's 2018 Admissions



Service Area	County	Admits	Percent Admits	Cumulative Admits
Primary	Tallapoosa	1,696	66.5%	66.5%
Secondary	Coosa	307	12.0%	78.6%
Secondary	Elmore	137	5.4%	84.0%
Secondary	Clay	74	2.9%	86.9%
Secondary	Talladega	63	2.5%	89.3%
All Other		272	10.7%	100.0%
Total Admissions		2,549	100.0%	

Russell Medical's Admission Demographics

In 2018, Russell Medical admitted 2,549 patients with 21% of admissions for women's and children's services, 22 % of admissions for intensive care services and 57% of admissions for adult medical/surgical services. In addition, the Medical Center treated 22,450 patients in the Emergency Department - averaging 61 visits per day.



HEALTH FACTS

What do we mean by access to health services?

Access to health services means the timely use of personal health services to achieve the best outcomes. It requires three distinct steps:

- 1) Gaining entry into the health care system
- 2) Accessing a health care location where needed services are provided
- 3) Finding a health care provider with whom the patient can communicate & trust

Why is access to health services important?

Access to health care impacts:

- Overall physical, social, and mental health status
- Prevention of disease and disability
- Detection and treatment of health conditions
- Quality of life
- Preventable death
- Life expectancy

What are the barriers to health services?

Barriers to health services include:

- Lack of availability
- High cost
- Lack of insurance

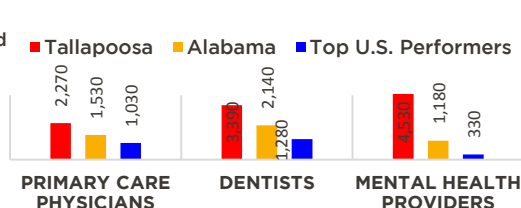
What do barriers to health services lead to?

Barriers to health services and health care lead to:

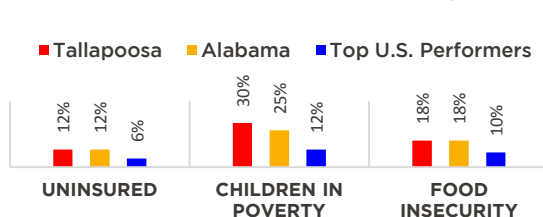
- Unmet health needs
- Delays in receiving appropriate care
- Inability to get preventive services
- Hospitalizations that could have been prevented

Sources: "Healthy People 2020" U.S. Department of Health & Human Services, December 2010. (1) Institute of Medicine, Committee on Monitoring Access to Personal Health Services, National Academies Press, 1993.

2018
Primary Care Physicians, Dentists & Mental Health Providers
(Residents Served by Provider)

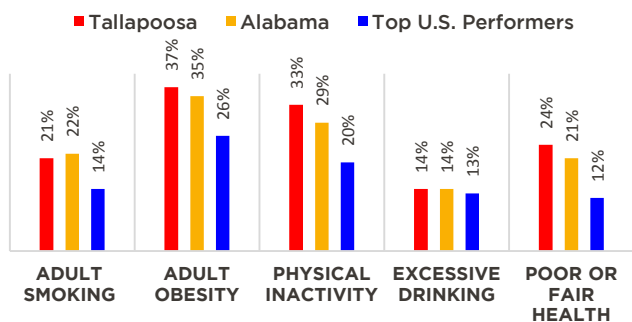


2018
Social & Economic Indicators Influencing Health



Sources: "2018 County Health Rankings" Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

2018
Other Selected Health Indicators
(Percent of Population)



What is Obesity and Overweight?

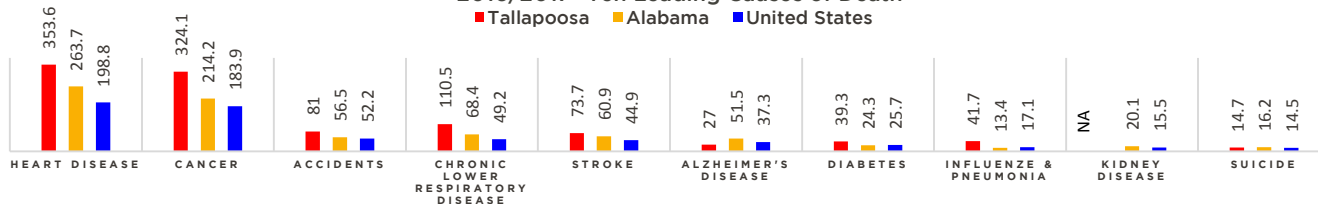
Obesity has been defined as a condition in which excess body fat has accumulated to an extent that health may be adversely affected. Adults with a body mass index (BMI) of 30 or higher are classified as obese. Adults with a BMI between 25 and 25.9 are classified as overweight.

Why are Cause of Death Indicators Important?

Death rates for leading causes of death are the number of deaths from each cause per 100,000 of the area's total population.

Cause of death indicators show where health improvement and prevention programs can be targeted to affect the most people. By looking at sub-categories (e.g. lung and breast cancer vs. all cancers or hypertensive disease vs. all cardiovascular diseases targeted programs to improve health can be implemented).

2016/2017* Ten Leading Causes of Death

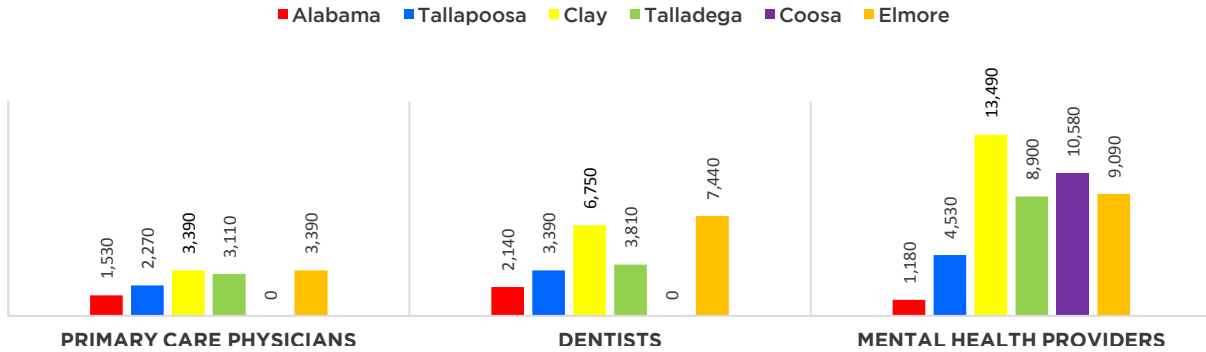


Sources: "National Vital Statistics Reports, Vol. 68, No. 6, June 24, 2019 United States 10 Leading Causes of Death 2017 All races and origins, both sexes, all ages. Alabama Public Health, Alabama Center for Health Statistics, "County Health Profiles 2016".

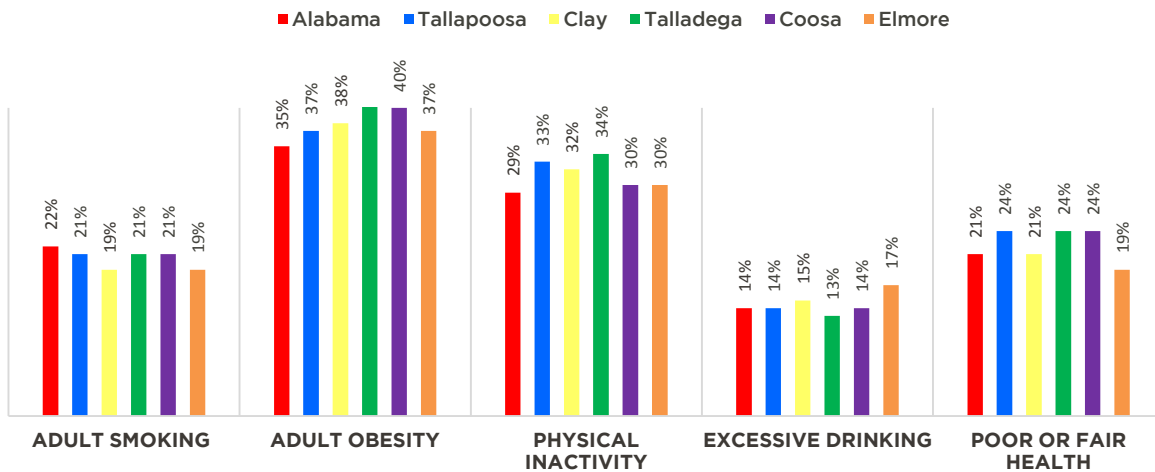
Russell Medical

Primary and Secondary Service Area Counties

2018
Primary Care Physicians, Dentists & Mental Health Providers
(Residents Served by Provider)



2018
Other Selected Health Indicators
(Percent of Population)



Sources: "2018 County Health Rankings" Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

Individuals have multiple needs within a community including available, accessible, and affordable food, housing, educational, social, recreational, and transportation services as well as employment opportunities. These needs are real, growing, and frequently unmet within many communities; however, they are beyond the scope of our assessment. This assessment is specifically focused on community health needs of residents living in Russell Medical's community.

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The community health needs of residents within Russell Medical's primary service area were identified through in-depth interviews with a broad range of advocates representing the interests of the community including public health representatives, community leaders, physicians, school health, and other health care providers.

From this list of six specific community health needs, each participant was asked to rank community health need priorities on an ordinal scale with 1 being the highest priority and 6 being the lowest priority. The community health needs assessment was completed in July and August 2019. A 100% response rate from all participants was achieved, resulting in the following ranking of community health need priorities within Russell Medical's community.



2019 Community Health Need Priorities

- #1 Need for partnerships to develop a “sliding scale” clinic for individuals with limited resources requiring non-urgent, on-going or follow-up physician care.
- #2 Need for partnerships to expand access to behavioral health services in the community.
- #3 Need for partnerships to increase access to medical transportation services for individuals with limited resources.
- #4 Need for partnerships to enhance diabetes, hypertension and heart disease education and management resources to increase patient understanding of their disease processes and management tools.
- #5 Need for partnerships to reduce the prevalence of obesity and overweight in the community.
- #6 Need for partnerships to enhance the promotion of healthy nutrition, lifestyle and exercise in the community.

Russell Medical’s Community Health Needs Implementation Strategy

Due to limited resources and the extraordinary cost of maintaining state-of-the-art medical diagnostic and treatment services to meet the needs of its inpatient and outpatient populations, Russell Medical’s community health needs implementation strategy is focused on leveraging existing programs, services, and resources. In addition, Russell Medical will primarily focus on health need priorities of residents who reside in our primary service area of Tallapoosa County.

Whenever possible and financially feasible, Russell Medical will assist other health need efforts in partnership with other community, regional, and statewide organizations.





Russell Medical

Community Health Needs Implementation Plan

While Russell Medical currently provides a wide range of programs and services to meet the community health needs of residents of Tallapoosa County, no single healthcare organization has the resources to address all of the unmet health needs within the community.

The overall objective of Russell Medical's 2019-2022 Community Health Needs Implementation Plan is to ensure that most of the pieces of the "community health needs puzzle" are in place to assist each person in the community in achieving their highest level of health and wellness.



For each of the six community health needs assessed by persons with specialized knowledge and expertise of community health needs in Tallapoosa County, we will provide the following:

Description of the Need

Objectives for Addressing Need

Russell's Ongoing Programs / Services Related to Need

Progress in Addressing Need



Community Health Need: Need for partnerships to develop a “sliding scale” clinic for individuals with limited resources requiring non-urgent, ongoing or follow-up physician care.

Description of Need

Many service area residents fall into one of several categories:

- 1) Unemployed, with no health insurance.
- 2) Employed, but do not have health insurance.
- 3) Employed, but make too much income to be eligible for Medicaid.
- 4) Have very high deductible health insurance, only use it for a catastrophic emergency.
- 5) Have Medicaid, but cannot find a local physician accepting Medicaid patients.

As a result, many patients put off seeing a healthcare professional for preventive, primary care, or follow-up medical care due to limited resources. This had led to a substantial number of area residents using Russell Medical’s emergency department as a last resort to receive primary care and follow-up medical care services and/or behavioral health stabilization.



Objectives for Addressing Need

- Encourage local physicians to consider providing limited services on a “sliding scale”.
- Continue to evaluate the feasibility of operating a “sliding scale” clinic to provide preventive, primary care, and follow-up medical care to persons with limited financial means.
- Continue to identify state, federal and philanthropic programs that can assist Russell Medical in providing “sliding scale” services for patients with limited financial resources.
- Continue to foster awareness in the community of the need for a “sliding scale” clinic to address the needs of individuals with limited resources, and identify potential community partnerships to assist in helping to fund a “sliding scale” clinic.

Russell Medical’s Ongoing Programs/Services Related to Need

Russell Medical does not have a “sliding scale” clinic for individuals requiring non-urgent, ongoing or follow-up physician care. Russell Medical operates a primary care center and adjacent urgent care center on the hospital’s main campus in Alexander City. In addition,

Russell operates a rural health clinic, Health Partners of Goodwater, an affiliate of Russell Medical located 12 miles north in Coosa county and a primary care clinic at Medical Park Family Care in Dadeville. Russell is planning to open a second rural health clinic in New Site, Alabama in 2020.

Progress in Addressing Community Health Need

It continues to be difficult to get area physicians to provide “sliding scale” services for individuals with limited resources requiring non-urgent, ongoing or follow-up physician care as many physician practices are already experiencing tremendous financial pressures.

Russell Medical currently employs six primary care physicians and two nurse practitioners to provide primary care and non-urgent, follow-up healthcare. These services are provided at



three locations in the community (Alexander City, Dadeville and Goodwater). In 2020, Russell Medical has plans to open its fourth location providing primary care services at a new facility located in New Site, Alabama.

In addition, Russell Medical Urgent Care was opened in November 2017 on the Russell Medical campus to treat injuries and illnesses requiring immediate care but not serious enough to require an emergency room visits. The new facility is open seven days a week.

While there continues to be a substantial need for partnerships to help fund “sliding scale” services for individuals with limited resources, some progress has been made, and Russell Medical will continue to look for ways to address health care access issues for individuals requiring non-urgent, on-going or follow-up physician care.

Community Health Need: Need for partnerships to increase access to behavioral health services in the community.

Description of Need

Community leaders overwhelmingly agree the service area lacks adequate behavioral health resources to address the needs of individuals with psychiatric and/or substance abuse problems. Tallapoosa County has no inpatient psychiatric or substance abuse services.

According to the Office of Primary Care and Rural Health of the Alabama Department of Public Health there is a shortage of psychiatrists within Tallapoosa County.

The Nan Coley Murphy Counseling Center in Alexander City provides outpatient services to area residents, but currently is overwhelmed with a large case load of mentally disabled adults and children. The Center is not able to provide detoxification services to patients with alcohol and/or chemical dependency abuse issues. The nearest substance abuse detoxification unit is 35 miles away at Elmore Community Hospital in Wetumpka. The nearest inpatient psychiatric services are located 40 miles away at East Alabama Medical Center in Opelika.



Objectives for Addressing Need

- Russell Medical does not provide inpatient or outpatient treatment services for patients with behavioral health issues. However, the Medical Center provides emergency stabilization services as necessary to ensure patient safety when individuals with acute psychiatric and/or substance abuse issues present in the emergency department.
- The Medical Center will continue to utilize the tele psych program to assist emergency department physicians with psychiatric and substance abuse assessment and disposition of behavioral health patients.
- Russell Medical will continue to utilize a Nurse Practitioner one day per week to provide limited mental health services at its Total Healthcare facility on the hospital campus.
- Russell Medical will continue to meet with regional and statewide behavioral health advocates to discuss the need for increasing access to behavioral health services in the community.

Russell Medical's Ongoing Programs/Services Related to Need

Russell Medical does not currently offer inpatient or outpatient behavioral health treatment services. The Medical Center accepts patients within its emergency department who are in need of stabilization, pending transfer to an appropriate behavioral health facility.

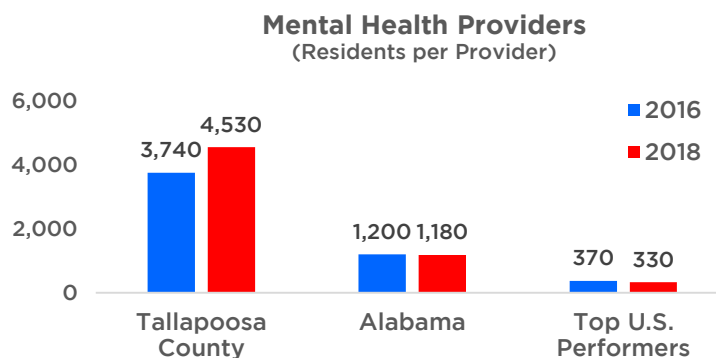
The Medical Center utilizes the tele psych program to provide access to a licensed psychiatrist who can determine disposition of patients who present with behavioral health problems within the emergency department.

In May 2019, Russell Medical began utilizing a Nurse Practitioner one day per week at its Total Healthcare facility to provide limited mental health therapy services.

Progress in Addressing Need

There continues to be a huge shortage of psychiatrists and mental health providers within Tallapoosa County. From 2016 to 2018, the number of residents per mental health provider has increased by 21 percent from 3,740 to 4,530 within the county. The shortage of mental health providers is even more pronounced in the surrounding counties of Clay, Talladega, Coosa and Elmore counties.

Sources: "2018 County Health Rankings" Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



Over the past three years, Russell Medical has implemented tele psych, a telemedicine program, in which a psychiatrist remotely assesses behavioral health patients within the emergency department and consults with the emergency department physician regarding disposition of behavioral health patients. Through the tele psych program, a licensed psychiatrist determines if the patient can be cleared for outpatient treatment, needs to be transferred and admitted to an inpatient facility, or if a patient can be discharged without the need for follow-up behavioral health services.

In May 2019, Russell Medical began providing very limited outpatient mental health services one day per week utilizing a Nurse Practitioner at its Total Healthcare facility on the hospital's campus.

Russell Medical will continue to meet with regional and statewide organizations to discuss the need for enhancing access to behavioral services within the local community.

Behavioral Health



Community Health Need: Need for partnerships to expand access to medical transportation services for individuals with limited resources.

Description of Need

There continues to be limited county-wide transportation services within Tallapoosa County. The ARISE (Area Referral and Information Services for Elderly) program provides minimal cost transportation for residents of Tallapoosa County with no age or income restrictions via vans that are equipped for handicapped individuals. ARISE operates Monday, Tuesday, Thursday and Friday from 8am-4pm and on Wednesday from 8am -12pm.

Individuals living outside of Alexander City, must pay for ARISE transportation services for follow-up physician and hospital visits within the county. There are no subsidized

transportation services for residents who have medical referrals for services outside Tallapoosa County. This reduces access for individuals without transportation and with limited financial resources in getting to specialty medical referral services in Birmingham or Montgomery.

Objectives for Addressing Need

- Russell Medical will continue to subsidize ARISE medical transportation services for individuals without transportation and with limited financial resources who live within Alexander City.
- Identify local, state or philanthropic organizations that can assist Russell Medical in expanding access to medical transportation services for individuals without transportation and with limited financial resources who live within Tallapoosa County but outside of Alexander City.
- Identify local, state or philanthropic organizations that can assist Russell Medical in expanding access to medical transportation services for individuals without transportation and with limited financial resources who reside in Tallapoosa County and required specialty medical services outside of the county.



Russell Medical's Ongoing Programs/Services Related to Need

Russell Medical subsidizes the ARISE program for local medical transport to physician offices, the dialysis center and the Medical Center for individuals living in Alexander City.

Progress in Addressing Need

Russell Medical continues to provide \$20,000 per year to ARISE in addition to a per trip fee for medical transportation. The Medical Center is evaluating the feasibility of placing an additional van in Dadeville to expand access to medical transportation for persons with limited resources. No new partnerships to expand medical transportation have been developed within the past three years.

Community Health Need: Need for partnerships to enhance diabetes, hypertension and heart disease education and management resources to increase patient understanding of their disease processes and management tools.

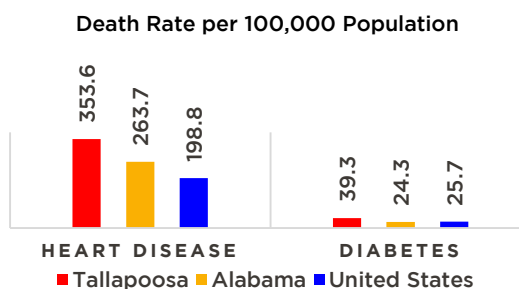
Description of Need

Community healthcare providers continue to report a significant portion of the local population have diabetes, hypertension and heart disease and need education and

management resources to increase understanding of their disease processes and management tools.

In 2016, the annual death rate for heart disease was 78 percent higher in Tallapoosa County than the national average. In addition, the annual death rate for diabetes in Tallapoosa County was 53 percent greater than the national average.

Sources: National Vital Statistics Reports, Vol. 68, No. 6, June 24, 2019. Alabama Public Health, Alabama Center for Health Statistics.



Objectives for Addressing Need

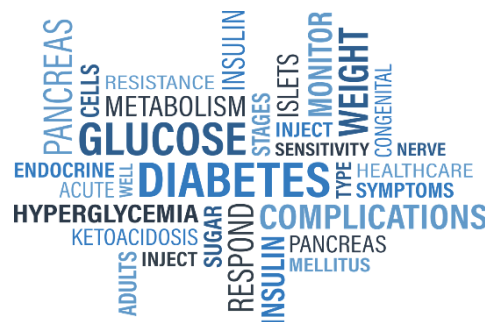


- Continue to support the use of a standard set of disease specific education/management tools and protocols for patients with diabetes, hypertension and heart disease.

- Continue to identify external resources that provide education/management tools to increase patient understanding of their disease processes and appropriate management tools.

- Continue to support patient education regarding the disease processes/management tools for treating diabetes, hypertension, and heart disease in partnerships with other organizations.

- Continue to refer patients to regional referral centers for comprehensive diabetic education.



Russell Medical's Ongoing Programs/Services Related to Need

Russell Medical has multiple programs and activities to enhance awareness, education and management of diabetes, hypertension, and heart disease. As part of National Heart Month, the Medical Center provides heart health screenings including blood pressure evaluations, cardiovascular fitness tests, and body mass index and body fat percentage analysis, cholesterol and blood sugar tests. Each February, a Cardiac Education Seminar is offered by a Board Certified Cardiologist providing education and management tools regarding hypertension and heart disease. CT, echocardiograms and carotid artery ultrasound screenings are also offered as a bundled fee package for assessing heart health.

Russell Medical offers a diabetic support group where individuals can get and give peer support to others dealing with issues related to their diabetes. In addition, the Medical Center provides a Diabetic Education luncheon open to the public each summer and a "Living with Diabetes" class provided by a Board Certified Family Medicine physician annually.

Progress in Addressing Community Health Need



Russell Medical has adopted a disease specific educational and management program for patients with diabetes. In addition, select programs and activities have been developed to increase education and management resources to increase patient understanding of their diabetes, hypertension and heart disease chronic conditions and appropriate management tools.

In light of the prevalence of diabetes, hypertension, and heart disease within the community, an accessible, ongoing educational program to increase patient understanding of their disease processes and appropriate management tools for treating these chronic conditions continues to be needed. However, at this time due to financial constraints and limited reimbursement, Russell Medical is not able to employ full-time diabetic educator.



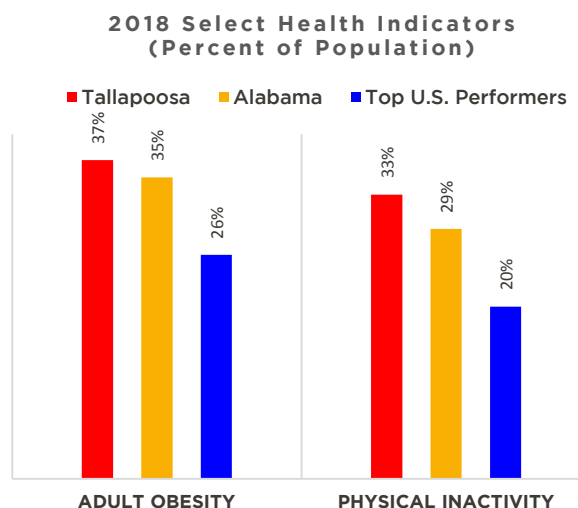
Community Health Need: Need for partnerships to help reduce the prevalence of overweight and obesity in the community.

Community Health Need: Need for partnerships to enhance healthy nutrition, lifestyle and exercise within the community.

Description of Need

In 2018, the University of Wisconsin Population Health Institute reports adult obesity at 37% for Tallapoosa County compared to 35% for all adults in Alabama. Adult obesity is defined as the percentage of adults with a BMI (body mass index) of 30 or more. In addition, 33% of adults were reported as physically inactive compared to 29% for all adults in Alabama. Physically inactive is defined as the percentage of adults age 20 or older who report no leisure time physical

Sources: "2018 County Health Rankings" Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



activity.

Objectives for Addressing Need

These two community health needs can be most effectively addressed by combining partnership initiatives that address issues related to overweight/obesity and supports healthy nutrition, lifestyle and exercise in the community.

- Continue to recruit partners to work with Russell Medical to facilitate development of community initiatives that address overweight/obesity, and supports healthy nutrition, lifestyle and exercise programs.
- Continue to identify organizations in Tallapoosa County where Wellness Programs can be successfully implemented utilizing existing communication channels and social support networks.
- Continue to support participation in Russell Medical's employee wellness program *Health Check 360* that provides incentives to encourage employees to regularly utilize the Total Fitness Center.

Russell Medical's Ongoing Programs/Services Related to Need

Total Fitness at Russell Medical is available to members of the community at large. Russell Medical's exercise specialists can provide health and wellness plans designed to meet the fitness needs of each individual. Trained in combating the effects of aging and many chronic diseases, these highly qualified professionals combine the patient's goals with the latest in exercise science to enhance, improve and maintain the quality of life we all desire. As an extension of wellness services available through Russell Medical, Total Fitness at RM offers programming that complements clinical



services such as: women's health, cardiac

rehabilitation, physical therapy, oncology, senior health, integrative medicine and community health education.

Our staff includes exercise specialists and licensed therapists dedicated to the integration of prevention, wellness, and health education with physical fitness and rehabilitation services.

Designed for excellence, Total Fitness at RM offers you a total body solution under one roof. Our spacious 20,000-square foot facility features top performance exercise and rehabilitation equipment, an aerobics studio and aquatics arena with the only indoor pool available in the surrounding area.



Health Check 360 is Russell Medical's wellness program for employees and their spouses that provides discounts on health insurance premiums as an incentive to encourage employees to regularly utilize the Total Fitness Center.

Russell Medical offers *Fit Kids*, a semester long program offered during the school year for children ages 10-18 years that provides supervised exercise three times a week for 12-weeks. *Fit Kids* is offered in the fall and spring semesters of the school year at the Total Fitness Center on the Medical Center's campus.

Russell Medical has partnered with Radney Elementary School with the "Healthy Habits Program" for 5th and 6th graders. This program has recently been expanded to 7th and 8th graders as well. Healthy Habits promotes following the 5-2-1-0 goals every day.



Russell Medical Foundation has partnered with Auburn University School of Nursing to promote TigerCHAT, a program for grades 3-6 that focuses on health, fitness, stopping bullying and mental health. The Foundation provides \$10,000 per year to underwrite this program.

Progress in Addressing Community Health Need

Significant progress has been made in developing programs to reduce the prevalence of overweight and obesity, and enhance healthy nutrition, lifestyle, and exercise. Programs have been developed and are available to members of the community who choose to participate. However, there continues to be challenges in getting adults to participate in existing programs that will help to reduce the prevalence of overweight and obesity and enhance healthy, nutrition, lifestyle and exercise within the community.

Community Inventory – Healthcare Facilities & Resources Available to Respond to Community Health Needs

ACUTE HEALTH CARE FACILITIES

Russell Medical is a *not-for-profit, Joint Commission accredited, licensed 81-bed general hospital providing a broad array of health care services including:*

- *Birth Services*
- *Cancer Center*
- *Cardiology*
- *Cardio-Pulmonary Services*
- *Case Management*
- *Diagnostic Imaging Services*
- *Emergency Department*
- *ICU/ Step-Down Unit*
- *Laboratory*
- *Medical Park Family Care*
- *Medical Records*
- *Pediatrics*
- *Pharmacy*
- *Physical Therapy*
- *Pulmonary Services*
- *Sleep Disorders Center*
- *Surgical Services*
- *Total Fitness at RMC*
- *Transitional Care Unit*
- *Vascular Services*
- *Women's Services*
- *Wound Care & Hyperbaric Medicine*

3316 Highway 280, Alexander City, AL 35010

(256) 329-7100

Lake Martin Community Hospital is a *28-bed general hospital providing diagnostic, emergency, inpatient and outpatient services.*

155 Mariarden Road, Dadeville, AL 36853

(256) 827-0800

ADOLESCENT HEALTH

The Adolescent Health Center at Children's of Alabama has *three specialty clinics designed specifically for the needs of adolescents ages 11-21.*

- *Adolescent Clinic provides comprehensive health assessment, care of acute illness and minor trauma, immunizations, family planning, acne management, prevention and management of sexually transmitted diseases, evaluation of menstrual disorders, and consultations for complex or unexplained medical problems.*
- *Eating Disorder Clinic provides specialized medical and nutritional care for adolescents and young adults with disordered eating, including anorexia and bulimia nervosa. The clinic also provides diagnostic consultation for patients with unexplained weight loss, vomiting, or abdominal pain.*
- *Nutrition Clinic provides specialized nutrition counseling for adolescents from registered dietitians to address nutritional concerns including sports nutrition, weight management (weight loss or weight gain), healthy eating, anemia or elevated blood lipid levels.*

1600 5th Avenue South, Birmingham, AL 35233 (205) 939-9231
<http://adolescent.childrensal.org>

TeensHealth is a safe, private place for teens needing honest, accurate information and advice about health, emotions, and life. TeensHealth is accessible 24 hours a day so you can get doctor-approved information you need to make educated decisions – or help a friend who needs advice. TeensHealth is part of the KidsHealth family of websites. These sites, run by the nonprofit Nemours Center for Children's Health Media, provide accurate, up-to-date health information that is free of "doctor-speak." The Nemours Center for Children's Health Media is a part of The Nemours Foundation, a nonprofit organization created by philanthropist Alfred I. DuPont in 1936 and devoted to improving the health of children.

Children's of Alabama is a TeensHealth Educational Partner and provides information on its website for adolescents regarding a wide range of issues including:

- *Your Body (Body Basics, Taking Care of Your Body, Skin Stuff, Body Art, Health Basics)*
- *Your Mind (Body Image, Feeling Sad, Mental Health, Feelings & Emotions, Relationships)*
- *Drugs & Alcohol (Tobacco, Alcohol, Drugs, Getting Help)*
- *Sexual Health (Your Changing Body, For Girls, For Guys, STDs & Other Infections, Birth Control)*
- *Stress & Coping (The Basics, Getting & Giving Help, Building Resilience, Relax & De-Stress)*
- *Schools & Jobs (Study Tips, Good Friends, School Stuff, Jobs & Volunteering, Bullying/Violence, Driving, Going to College)*
- *Teens Q & A (Expert answers across a wide range of topics)*

www.childrensall.org KidsHealth – Health Information – For teens tab

Alabama Adolescent Pregnancy Prevention Branch is part of the Bureau of Family Health Services of the Alabama Department of Public Health and works to reduce the incidence of unplanned pregnancies and sexually transmitted infections among teens in Alabama. This is made possible through federal grants awarded to the Alabama Department of Public Health. Through these grants, funding is made available to local community organizations to assist in these efforts in their communities. The APPB also partners with The Alabama Campaign to Prevent Teen Pregnancy (ACPTP) and other organizations throughout the state in a collaborative relationship to promote healthy decisions among young people.

Adolescents are in a unique period in the life cycle between childhood and adulthood. Developmentally, they face many challenges, including choices that impact them for a lifetime. One such choice is the decision to become sexually active, which may lead to pregnancy and sexually transmitted infections, including HIV/AIDS. Many of these lifestyle choices are affected by physiological challenges that can make healthy decision making difficult. Learn more about Adolescent Health at the Alabama Department of Public Health website.

www.adph.org/teenpregnancyprevention

ASSISTED LIVING HEALTHCARE FACILITIES

Chapman Specialty Care Assisted Living Facility is a 46-bed congregate specialty care assisted living facility.

3701 Dadeville Road, Alexander City, AL 35010 (256) 234-6366

The Willows of Alexander City is a 16-bed group assisted living facility.

2712 Washington Street, Alexander City, AL 35010 (256) 234-0800

The Veranda is a 16-bed assisted living facility.

123 Landing Lane, Dadeville, AL 36853 (256) 825-4600

The Veranda Suites is a 30-bed congregate assisted living facility.

165 Landing Lane, Dadeville, AL 36853 (256) 825-4685

BEHAVIORAL HEALTH

Alabama Department of Mental Health leads Alabama's efforts to enhance the health and well-being of those impacted by mental illnesses, developmental disabilities, substance abuse and addiction. The ADMH has transitioned to a system of community-based care, providing services through community partners such as local mental health centers, local crisis care centers and local hospital psychiatric units to provide vastly improved treatment options for those they serve. In Tallapoosa County, East Alabama Mental Health Center is the ADMH community partner.

100 North Union Street, Montgomery, AL 36130 (800) 367-0955 www.mh.alabama.gov

Nan Coley Murphy Counseling Center is an outpatient mental health care facility operated by East Alabama Mental Health Center providing services for persons with mental illness, substance abuse problems, and intellectual disabilities.

1870 Alabama 22, Alexander City, AL 35010 (256) 329-8463

UAB Hospital Birmingham and UAB Hospital Clinics *provides addiction treatment programs including: assessment services, detoxification program, recovery stabilization unit, partial hospitalization program, intensive outpatient addiction recovery program, professional resource program for healthcare professionals who have addictive disorders, and other specialized tracks for post traumatic disorders, grief recovery, relationship groups and experiential groups. In addition, UAB offers a full range of psychiatric and psychology services including adult psychiatry, child and adolescent psychiatry, community psychiatry, geriatric psychiatry, electroconvulsive therapy, trans-cranial magnetic stimulation, brain trauma and spinal cord psychology.*

1802 6th Avenue South, Birmingham, AL 35233

(205)934-4011 www.uabmedicine.org

The Lighthouse of Tallapoosa County *is a men's residential rehabilitation facility for recovering alcoholics that gives guidance, and personal services enabling them to move more rapidly to independent living.*

36 Franklin Street, Alexander City, AL 35010

(256) 234-4894

DIABETES

Alabama Diabetes Network *is a group of diabetes advocates and experts from the public and private sectors that advises and supports the Alabama Department of Public Health's Diabetes Program. The Diabetes Branch of the Alabama Department of Public Health works in collaboration with many other programs within and outside of the Department to help people delay or prevent development of diabetes and to reduce complications related to the disease. The program also promotes good nutrition, physical activity, weight loss and smoking cessation, recommended influenza and pneumococcal vaccines, foot exams, eye exams and HbA1c tests. These are key factors to control, prevent, delay, or manage diabetes and help people live longer, healthier lives.*

Alabama Department of Public Health, 201 Monroe Street, Montgomery, AL 36104

www.adph.org/diabetes

American Diabetes Association *is the leading organization heading the fight against the deadly consequences of diabetes and fight for those affected by diabetes.*

3918 Montclair Road, Suite 218, Birmingham, Alabama 35213 (205)870-5172 www.diabetes.org

END STAGE RENAL DISEASE TREATMENT CENTERS

Dialysis Services of Dadeville *is a 15-station end stage renal disease treatment center.*

52 Waterworks Drive, Dadeville, AL 36853

(256) 825-2740

Fresenius Medical Care Alexander City *is a 14-station end stage renal disease treatment center.*

3368 Highway 280 Bypass, Suite G1, Alexander City, AL 35010 (256) 329-0638

FEDERALLY QUALIFIED HEALTH CENTERS

Clay Quality Health Care *is a federally qualified health center in Clay County.*

40745 Highway 77, Ashland, AL 36251

(256) 492-0131

Eclectic Family Health Center *is a federally qualified health center in Elmore County.*

30 Main Street, Eclectic, AL 36024

(334) 541-2116

Talladega Quality Healthcare *is a federally qualified health center in Talladega County.*

110 Spring Street, Talladega, AL 35160

(256) 492-0131

FINANCIAL ASSISTANCE

Alabama Medicaid Agency *is a state/federal program that pays for medical and long-term care services for low-income pregnant women, children, certain people on Medicare, individuals with disabilities and nursing home residents. These individuals must meet certain income and other requirements.*

Opelika District Office, 2015 Gateway Drive, Opelika, AL 36801 (800)362-1504

www.medicaid.alabama.gov

ALL Kids *is low-cost healthcare coverage for Alabama's children and teens whose family incomes are above Medicaid eligibility, but below 300 percent of the Federal Poverty Level. ALL Kids comprehensive benefit package covers regular check-ups, immunizations, sick child doctor visits, prescriptions, dental and vision care, hospital and physician services and mental health and substance abuse services. Additional medical services may be available for children with special needs. ALL Kids is administered by the Alabama Department of Public Health.*

(800)373-543 www.adph.org/allkids

HEALTHY LIFESTYLE

GAL (Get a “Healthy” Life) *is a program created to educate, enlighten, and inspire women to take time out for themselves and get healthy. The GAL program addresses physical activity, healthy eating, visits to your doctor, problems with smoking, drugs, and alcohol, Text4baby a free mobile information service that provides pregnant women and new moms with information to help them through their pregnancy and the baby’s first year, having a plan for your family budget, education plan, career plan, and preparing to start a family. It also provides resources and downloads to help women “get a healthy life.”*
www.adph.org/gal

Scale Back Alabama *is a statewide weight-loss contest designed to encourage Alabamians to get healthy and to have fun while doing it. The campaign is geared toward adults and is primarily operated with the help of local employers (companies with 10 employees or more), hospitals and health departments. Each organization appoints one person to serve as the coordinator for the contest, and individuals compete on teams of four to win the chance at cash prizes. There is no charge for participating in the program.*
www.scalebackalabama.com

The WAY to a Healthier Alabama Initiative *is designed to motivate, educate and inspire Alabama’s youth to make healthy lifestyle choices. The WAY to a Healthier Alabama initiative directed by the Alabama State Department of Education focuses on implementing the Wellness, Academics & You (WAY) program in school systems.*
www.healthy-america.org

HEART DISEASE / HYPERTENSION

Alabama Cardiovascular Health Program (CVH) *provides leadership in Alabama to prevent death and disability from heart disease and stroke, eliminate disparities in health and health care, and work with its many partners to fully implement a plan focusing on policy and system changes in the worksite, healthcare, and community settings. High blood pressure, high cholesterol, diabetes, and smoking continue to put more people at risk for heart disease and stroke. To address these risk factors, CVH is focusing on the ABCS of cardiovascular disease prevention: Aspirin use, normal Blood pressure, normal Cholesterol, and Smoking cessation.*
www.adph.org/cvh

Alabama Collaboration of Cardiovascular Equality *is an initiative that comprises four research projects and two core programs with the ultimate goal of achieving racial equality in cardiovascular health. This involves the development of primary and secondary preventive measures that include changing provider practices and patient behaviors as an essential first step toward this goal. The collaborative initiative involves researchers, ethicists and healthcare delivery organizations with the following objectives:*

- *To perform research in cardiovascular (CVD) prevention to reduce racial disparities*
- *To train researchers and clinicians in the acquisition and dissemination of CVD knowledge that would reduce and eventually eliminate health disparities.*

Minority Health & Health Disparities Research Center – University of Alabama-Birmingham.
<http://mhrc.dopm.uab.edu/research/>

University of South Alabama *The USA Pediatric Healthy Life Center is a comprehensive center for the prevention of Diabetes and Cardiovascular Disease in children and young adults. The center focuses on the care of children and young adults with lipid disorders and/or obesity (with all associated complications such as diabetes, hypertension, obstructive sleep apnea, etc.).*
USA Physicians Group 1504 Springhill Avenue, Suite 1365 Mobile, AL 36604 (251) 434-5038.
www.usahealthsystem.com

HOME HEALTH AGENCIES

Encompass, Inc. *is a Medicare certified home health agency.*
33 Aliant Parkway, Alexander City, AL 35010 (256) 329-0507

Lake Martin Home Health *is a Medicare certified home health agency.*
301 Mariarden Road, Suite F, Dadeville, AL 36853 (256) 825-7851

Southern Care *is a Medicare certified home health agency.*
355 Lee Street, Alexander City, AL 35010 (256) 234-1134

HOSPICES

Encompass, Inc. *is an in-home hospice provider.*
33 Aliant Parkway, Alexander City, AL 35010 (256) 329-0507

Lake Martin Hospice *is an in-home hospice provider.*
301 Mariarden Road, Dadeville, AL 36853 (256) 827-0800

SouthernCare Alexander City *is an in-home hospice provider.*
755 Lee Street, Suite B Alexander City, AL 35010 (256) 401-0415

INDEPENDENT RURAL HEALTH CENTERS

BHC Munford Health Clinic *is an independent rural health center in Talladega County.*
48 North Cedars Rd, Munford, AL 36268 (256) 358-4553

BHC-Lincoln *is an independent rural health center in Talladega County.*
47344 US HWY 78, Lincoln, AL 35096 (256) 763-7848

BHC-Talladega *is an independent rural health center in Talladega County.*
320 East Coosa Street, Talladega, AL 35160 (256) 362-3636

Sylacauga Pediatric Clinic *is an independent rural health center in Talladega County.*
115 West Clay Street, Sylacauga, AL 35150 (256) 245-3267

BHC-Talladega Pediatrics *is an independent rural health center in Talladega County.*
722 Stone Avenue, Talladega, AL 35160 (256) 362-1725

NURSING HOMES

Adams Nursing Home *is an 88-bed skilled nursing facility.*
1555 Hillabee Street, Alexander City, AL 35010 (256) 329-0847

Bill Nichols State Veterans Home *is a 150-bed skilled nursing facility.*
1784 Elkahatchee Road, Alexander City, AL 35010 (256) 329-0868

Brown Nursing Home *is a 68-bed skilled nursing facility.*
2334 Washington Street, Alexander City, AL 35010 (256) 329-0868

Chapman Healthcare Center, Inc. *is a 188-bed skilled nursing facility.*
3701 Dadeville Road, Alexander City, AL 35010 (256) 234-6366

Dadeville Healthcare Center *is a 144-bed skilled nursing facility.*
351 North East Street, Dadeville, AL 36853 (256) 825-9244

OVERWEIGHT/OBESITY

The Alabama Obesity Task Force *is a volunteer membership organization that addresses obesity through advocacy, changes and programs. A major goal of the Obesity Task Force was to develop and implement a comprehensive, realistic state plan that will reduce the worsening obesity epidemic in Alabama. The Alabama State Obesity Plan provides goals and objectives to follow at various social-economic levels. The plan provides various approaches to address the impact of obesity on Alabama's citizens including education and awareness, lifestyle and behavioral choices, community-based environmental strategies, school and worksite improvements, and policy development or changes. The Obesity Task Force designed the Wellness Program Guide for Alabama work sites, but the information can easily be transferred into other settings, such as faith-based or community organizations. The guide provides easy "how to" steps in creating a work site wellness program and includes local testimonies and success stories.*
www.adph.org/obesity

See also "Healthy Lifestyle"

PROVIDER BASED RURAL HEALTH CLINICS

BHC-Talladega Family Medicine *is a provider based rural health clinic in Talladega County.*
101 Stephen J. White Mem. Blvd, Talladega, AL 35160 (256)362-4887

Health Partners of Goodwater, An affiliate of Russell Medical *is a provider based rural health clinic in Coosa County.*
1229 S. Main Street, Goodwater, AL 35072 (256) 743-1300

Lake Martin Family Medicine *is a provider based rural health clinic in Tallapoosa County.*
301 Mariarden Road, Suite D, Dadeville, AL 36853 (256) 825-7871

River Region Family Medicine *is a provider based rural health clinic in Elmore County.*
41 Cambridge Ct, Wetumpka, AL 36092 (334) 567-3309

Wetumpka Family Rural Health Clinic *is a provider based rural health clinic in Elmore County.*
815 Jackson Trace, Wetumpka, AL 36092 (334) 567-4311

TRANSPORTATION

ARISE (Area Referral and Information Services for Elderly) *is a demand response public transportation program with a 24 hour call in for reservations that is open to the public. ARISE vehicles service many areas in Tallapoosa County with a fare charged to ride in the vehicles according to age and distance traveled. ARISE is a curb-to-curb transportation service that picks up passengers at their home and transports them to destinations. ARISE provides a way for those that do not drive or do not have transportation to keep their independence. ARISE vehicles are equipped for handicapped individuals.*

ARISE (256) 329-8444



Russell Medical is a progressive, not-for-profit, acute care facility serving the needs of east Central Alabama. Our mission is “being the best because we care.”

Inside our doors you will find cutting edge technology, professionals of the highest caliber, and leadership committed to utilizing all of our resources to improve the quality of every life we touch.

Russell Medical has been accredited by The Joint Commission since 1959.



Russell Medical

3316 Highway 280
Alexander City, Alabama 35010

www.russellcares.com