



Russell Medical

MEMBER OF **UAB** HEALTH SYSTEM



2022

Community Health Needs Assessment



Table of Contents

I.	Executive Summary	3
II.	Introduction and Background	
	A. A letter from the Chairman	4
	B. About Russell Medical	5
III.	Community Served	
	a. Description of Community	13
	b. Demographic Profile	14
IV.	CHNA Methodology	
	a. Purpose and Scope	17
	b. Approach and Process	17
	c. Contributors	18
V.	CHNA Prioritized Needs	
	a. Community Health Needs	20
	b. Implementation Plan	21
VI.	Appendix	
	a. Community Inventory	27



Russell Medical

MEMBER OF **UAB** HEALTH SYSTEM

3316 Highway 280
Alexander City, Alabama 35010

russellcares.com

Executive Summary

Russell Medical is a progressive, not-for-profit, acute care facility serving the needs of east Central Alabama. The hospital bears the name of its founder, Benjamin Russell, who built the original hospital in 1923 to serve the healthcare needs of Russell Manufacturing. The present hospital was built on the current site in 1965 and has grown exponentially over the past six decades. In 2020, Russell Medical entered into a management agreement and became a member of UAB Health System.

In March 2010, The Patient Protection and Affordable Care Act (ACA) was enacted and included a new requirement for non-profit hospitals to maintain their tax-exempt status. Included in the ACA is a requirement that all non-profit hospitals conduct a community health needs assessment (CHNA) and develop an implementation strategy.

Every three years, Russell Medical assesses the health needs of people living in its service area and identifies unmet health needs in its community of Tallapoosa County and surrounding areas. This report describes Russell Medical's CHNA in compliance with the requirements set forth in the ACA.

The five identified community health needs are:

- 1. Increased access to behavioral health services.**
- 2. Enhance diabetes, hypertension, and heart disease education and management resources to increase patient understanding of their disease process and management tools.**
- 3. Non-emergency medical transportation services for individuals with limited resources.**
- 4. Enhance the promotion of healthy nutrition, lifestyle, and exercise in the community.**
- 5. "Sliding scale" medical services for persons with limited resources requiring non-urgent, on-going, and follow-up medical care.**



A Letter from Hugh Neighbors, III Chairman, Board of Directors to the Community

Dear Friends,

Russell Medical is pleased to present our 2022 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 residents' health and wellness in collaboration with other community-based organizations.

Our Board of Directors has reviewed and adopted the 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



Hugh Neighbors, III
Chairman

Randy Haynes
Vice-Chairman

Ralph Frohsin, Jr.
Secretary/Treasurer

Jim Peace
President and CEO

Will Ferniany, Ph.D.

Steve Forehand

Don Lily

Karen Mockler, M.D.

Dimo Popov, M.D.

Thomas Radney

Ben Russell

Mary Emily Sheffield, M.D.

Jennifer Steele, Ed.D., R.N., CNE

About Russell Medical

Located along the US 280 corridor in Alexander City, Alabama, the 52-acre Russell medical campus is home to an 81-bed regional hospital, cancer center, professional office building, urgent care center, wound care center, multi-purpose event center, expansive rehabilitation and fitness center, and the future Benjamin Russell Center for Advanced Care.



Russell Medical is a progressive, not-for-profit, acute care facility serving the needs of east Central Alabama. The hospital bears the name of its founder, Benjamin Russell, who built the original hospital in 1923 to serve the healthcare needs of Russell Manufacturing Company and the citizens of Alexander City. The present hospital was built on the current site in 1965 and has grown exponentially over the past six decades. The hospital has been accredited by The Joint Commission since 1959 and has received notable recognitions as a top medical facility in quality, patient safety, and customer preference.

In 2020, Russell Medical entered into a management agreement and became a member of UAB Health System. Under the agreement, UABHS assists in various business aspects of hospital operations, including supply chain logistics, revenue cycle management and compliance issues. UAB also helps with clinical resources such as assistance in physician recruiting and staffing.

Russell Medical has been a strategic affiliate of UAB for several years, participating in cancer and telemedicine networks along with outreach in several medical specialties, including cardiovascular care, urology, and surgery.

Features

- All private rooms
- Women's Center with 3D Mammography
- LDR birthing suites; Infant security system
- Da Vinci Surgical System
- Cardiology & Vascular Services including interventional cardiology and peripheral studies
- Transitional care Unit
- Russell Retail Pharmacy
- Rehabilitation & Fitness Center
- Chapel & chaplaincy program



Russell Medical Services

Birthing Services



Our LDR birthing suites were designed and comfortably furnished with the whole family in mind. Each suit is fully equipped to handle each phase of labor and delivery. Our GE Centricity monitoring system allows our physicians and staff to carefully monitor mother and baby at bedside and remote domains. A specially designed C-section room is in close proximity, providing quick access for emergency deliveries.

Mother and infant security are paramount, and visitor access to the unit is closely monitored. All newborns have computerized identification bracelets that always track their locations and lock down elevators and stairwells once the alarm is activated.

Cancer Services

The UAB Medicine – Russell Medical Cancer Center is a collaborative effort between our local hospital, Russell Medical, and the O’Neal Comprehensive Cancer Center at UAB. The relationship enhances the level of cancer care available in Alexander City and for the Lake Martin Community.

The Cancer Center is staffed by two full-time medical oncologists, double-board-certified in both oncology and hematology and trained at UAB. Professional Radiation Oncology services are provided by a team of UAB faculty physicians who rotate through the center. Three of these radiation oncologists specialize in proton therapy

and can provide consultations in Alexander City for this innovative treatment offered in Birmingham and only a handful of other locations in the country.

Breast surgery and colorectal surgery at Russell Medical are also provided by world-renown specialists from Birmingham.

In addition to proton therapy, there are other tertiary treatments available only at academic medical centers, such as stem cell transplant and CAR-T therapy. Russell Medical’s unique relationship with UAB allows our patients to quickly access these highly specialized services through our telemedicine connection between the Cancer Centers.



Features

- Patient Navigator -assists patients with challenges such as transportation and large co-pays.
- Infusion Center – offers the latest FDA approved cancer treatments.
- Radiation Therapy – on-site linear accelerator provides traditional radiation treatments as well as intensity modulated and image-guided radiation therapy.
- Cancer Rehab – our Total Rehab program offers rehabilitation and exercise programs tailored to the cancer survivor.
- Cancer Nutrition – on-site consults with a registered dietitian to manage your dietary challenges (weight loss, weight gain, nausea, etc.)

Cardiology Services

The Cardiology Service department provides a wide range of diagnostic services including echocardiograms, cardiac stress tests and metabolic stress test.

Cardiovascular Services

Russell Medical features a sophisticated catheterization lab where physicians can diagnose and evaluate a broad range of vascular disease. Procedures include heart catheterizations, balloon angioplasty, stent placement, thrombectomy, peripheral studies and pacemaker implantation and maintenance.

The Cath lab also possesses the technology to perform vascular studies that examine the entire vascular system and diagnose strokes and health problems originating in the arms, legs, lungs, kidneys, and stomach. Angioplasties and stent procedures are performed on these types of blockages.

Diagnostic Imaging

Russell Medical places a premium on technology. We frequently upgrade our imaging modalities and software systems to ensure the most technologically advanced imaging services available.

In-house modalities include:

- GE Revolution 256-slice CT scanner & VCT 63-slice scanner
- CT guided fluoroscopy biopsies
- MRI featuring HD technology
- Digital mammography – 3D Tomosynthesis Fluoroscopy
- Nuclear Medicine
- Position Emission Tomography (PET)
- Ultrasound
- Varian Linear Accelerator – located in our cancer center

Emergency Department



Russell Medical's Emergency Department provides 24-hour emergency services and is equipped with advanced technology and equipment. Staffed by physicians 24 hours a day in addition to nurse practitioners and physician assistants.

Features

- 12 private rooms and monitors
- 2 dedicated trauma rooms
- Helicopter pad
- Electronic patient tracking system

Fitness Center

Located in the Professional Building, Total Fitness is a spacious facility featuring two fitness gyms, free weight area, personal training sessions, and various exercise classes. Flexible membership options with no enrollment fees or contracts.

Hospital Medicine

Patient Care is managed by our Hospital Medicine Service. A highly trained and skilled team comprised of Physicians, Nurse Practitioners (CRNPs), Physician Assistants (PAs), nurses and ancillary staff provide inpatient care during the duration of your hospital stay.



ICU/Step-Down Unit

Russell Medical has a six-bed ICU. The step-down unit provides an intermediate range of care for those patients who are not sick enough for the ICU, but too sick for a standard private room. Post-heart catheterization patients are also placed in the step-down unit

Laboratory

The Russell Medical Clinical Laboratory is accredited by the College of American pathologists (CAP) and functions as a full-service laboratory with hematology, chemistry, microbiology, and transfusion services. The laboratory also has cytology and pathology services with a full time Pathologist on site.

Mammography

Our recently renovated Women's Center is located in the Professional Building and features our new 3D imaging system. Digital 3D tomosynthesis mammography and breast MRI provide the most advanced imaging capabilities for diagnosing breast disease.

Meds to Beds

Russell Retail Pharmacy's "Meds to Beds" service offers patients the option of having discharge medications delivered to you before you leave the hospital, saving a stop at a pharmacy on the way home.

Patient Portal

Our patient portal is a secure and confidential web-based tool for accessing your personal health information. The portal enables you to log in to view and print your health information including lab results, radiology reports, medications, allergies, upcoming appointments, and discharge instructions. Medical Records can assist you in setting up your portal. 256-329-7114.

Pediatrics

Russell Medical is committed to meeting the health care needs of our youngest patients and their families. Conveniently located on the third

floor in a family-friendly environment, our care team is prepared to meet our youngest patient's specific needs.

Pharmacy

Russell Medical has an inpatient pharmacy staffed with pharmacists and certified technicians providing clinical services to patients and RM clinics.

A consumer pharmacy, Russell Retail Pharmacy, is located on the first floor adjacent to the main lobby and is available for filling any customer prescriptions during regular pharmacy hours.

Discharge medications may be delivered to patients prior to leaving the hospital, saving a stop at a pharmacy on the way home.

340B Drug Pricing Program



As a not-for-profit hospital that cares for a disproportionate share of low-income and uninsured patients', Russell Medical participates in the 340B Drug Pricing Program that requires pharmaceutical manufacturers participating in the Medicaid program to sell outpatient drugs at significantly discounted prices to organizations that serve low-income and vulnerable populations. This program allows Russell Medical to purchase outpatient drugs (in particular, chemotherapy drugs) at significantly discounted rates, allowing them to provide 340B drugs to insured patients at market rates. The additional money generated allows Russell Medical in turn to stretch its limited resources to expand the availability of care for low income and uninsured patients that it would not otherwise be able to provide services to.

Pulmonology

The Pulmonary Services Department offers comprehensive pulmonary lung function testing, EKG and EEG. In addition, we provide inpatient and outpatient respiratory care, such as oxygen therapy, delivery of pharmacological agents to improve breathing, bronchial hygiene therapy and ventilator assistance.

Sleep Studies

The Sleep Disorders Center at Russell Medical offers four rooms for patients to stay overnight for sleep studies. All rooms are warm and inviting with comfortable surroundings, traditional furnishings, personal bathroom, and amenities including WI-FI.

Surgical Services

When surgery becomes your best option, our high-tech surgical suites allow for innovative, highly specialized surgical procedures. Utilizing laparoscopic and robotic technology, our surgeons perform thousands of minimally invasive procedures.

- Breast Surgery
- Colon Surgery – Laparoscopic & robotic
- ENT
- Endoscopy
- Epidural steroid injection
- General Surgery – Laparoscopic & robotic
- Gynecology
- Obstetrics
- Ophthalmology
- Orthopedics
- Podiatry
- Sentinel Node Biopsy
- Tubal dye studies
- Urology
- Urogynecology
- Vascular

Telemedicine

We currently offer tele-stroke, tele-psychiatry, and tele-intensivist services. The Russell Medical

tele-stroke program coordinates with UAB Medicine providers via live video feed. UAB

Medicine neurologists, who are specially trained in diagnosing and treating strokes, are



connected by live video with local physicians to recommend diagnoses and treatments that can be given quickly in the Emergency Department. Using tel-stroke technology, we can provide timely stroke care, when seconds count.

Therapy & Rehabilitation Services at Total Fitness

Russell Medical's highly trained and licensed therapy specialists offer the skills needed to provide a comprehensive scope of services.

- Cardiac Rehabilitation
- Occupational therapy
- Physical Therapy
- Speech Therapy

Total Fitness provides the space, equipment, and personnel to provide innovative rehabilitation programs that optimize patient outcomes to increase independence, improve safety at home and work, and enhance quality of life for our patients. For additional information regarding physical therapy or related rehabilitation services, please call 256-329-7138.

Transitional Care Unit

Russell's TCU is a comprehensive short-term inpatient program (less than 21 days) for medically complex patients transitioning from the hospital to home, or from one care setting to another. Patients in our TCU enjoy all private rooms; 24-hour RN care; therapy available 6 days per week; and a spacious therapy department offering PT, OT, and speech therapy with a variety of equipment, including an ADL room.



UAB Medicine at Russell Medical



Russell Medical has been a strategic affiliate of UAB for several years, participating in cancer and tele-medicine networks along with outreach in several medical specialties. UAB Medicine physicians practicing at Russell Medical include breast, colorectal and general surgery, cardiology, ophthalmology, radiation oncology, and urology.

Urgent Care

Russell Medical Urgent Care is a walk-in clinic open 7 days/week and available to people who need care right away but are not having a life-threatening emergency. Conveniently located behind the cancer center, the staff at RM Urgent Care is available to treat sprains, cuts, skin rashes, fever, flu, and other minor ailments.



Volunteer Services

The Russell Medical Auxiliary was established in 1987 to render service to Russell Medical, its patients, and surrounding area citizens by increasing its efficiency and usefulness and securing increased public understanding and support. The volunteers are committed to helping Russell Medical achieve its mission statement of “Being the best because, we care.” The group holds various fundraisers throughout the year to fund scholarships for local students in our area pursuing a degree in healthcare as well as donate funds for special projects or needs of the hospital. Now entering its 36th year, the Auxiliary remains dedicated to providing compassionate, high-quality service to the hospital and community.

Wound Care



Our wound care center provides specialized treatment for chronic or non-healing wounds, which are defined as sores or wounds that have not significantly improved from conventional treatments. When wounds persist, a specialized approach is required for healing. We offer a myriad of treatment options including debridement, hyperbaric oxygen therapy, dressing selection, special shoes, and patient education. No physician referral required. Wound Care & Hyperbaric Medicine, 55 Alison Drive; 256-215-7450.

Russell Medical

Owned Physician Practices



Karen Mockler, M.D.

Dr. Karen Mockler joined our medical staff in 2004, first practicing at Medical Park Family Care in Dadeville for many years before moving into a private setting in the Russell Medical Professional Building. Dr. Mockler is board certified in Family Practice by the American Association of Physician Specialists. Suite 214, Professional Building; 256-215-7460.

OB/GYN Associates

With over 70 years combined experience in obstetrics and gynecology, our three physicians and nurse practitioner provide medical expertise for every stage in a woman's life, from puberty through childbearing years, through menopause and beyond. Conveniently located in the Professional Building, Suite 111; 256-326-7730.

Orthopedics & Sports Medicine at Russell Medical

Dr. Steven Baker joined the medical staff in August 2021, upon completing his residency program at University of Tennessee in Chattanooga. Dr. Baker offers comprehensive orthopedic care of the hand, shoulder, elbow, hip, knee, foot & ankle; joint replacement; and

sports medicine. Located in the Professional Building, Suite 116; 256-397-7723.

Pulmonology Clinic at Russell Medical

Our Pulmonology Clinic treats a broad spectrum of diseases and conditions of the chest, lungs and bronchial tubes including COPD, asthma, pulmonary hypertension, chronic cough, shortness of breath, sleep apnea, and complicated chest infections such as pneumonia and emphysema. Located in the Professional Building, Suite 209; 256-215-7474.

Total Healthcare



This expansive primary care facility is conveniently located on the Russell Medical center campus, on the hill behind the cancer center. Our primary care physicians are board certified by the American Board of Family Medicine and can take care of all your primary care needs. This full-service complex includes in-house x-ray and laboratory. 3504 Highway 280; 256-329-7887.



Russell Medical Rural Health Clinics

Health Partners of Goodwater



Located 14 miles northwest of Alexander City in neighboring Coosa County, Health Partners of Goodwater is available to treat a wide array of illness and injury. This clinic is staffed with a physician and certified registered nurse practitioner, and patients have immediate access to all physicians at Russell Medical. 231342 Highway 9, Goodwater, AL. 256-743-1300.

Health Partners at New Site



Located in the northeastern corner of Tallapoosa County, Health Partners of New Site is conveniently located in the New Site Health Complex, next door to Jackson Apothecary.

Staffed by a primary care physician and certified registered nurse practitioner, they treat patients ages 3 and up. 12761 AL-22, New Site, AL. 256-392-3300.

Medical Park Family Care in Dadeville



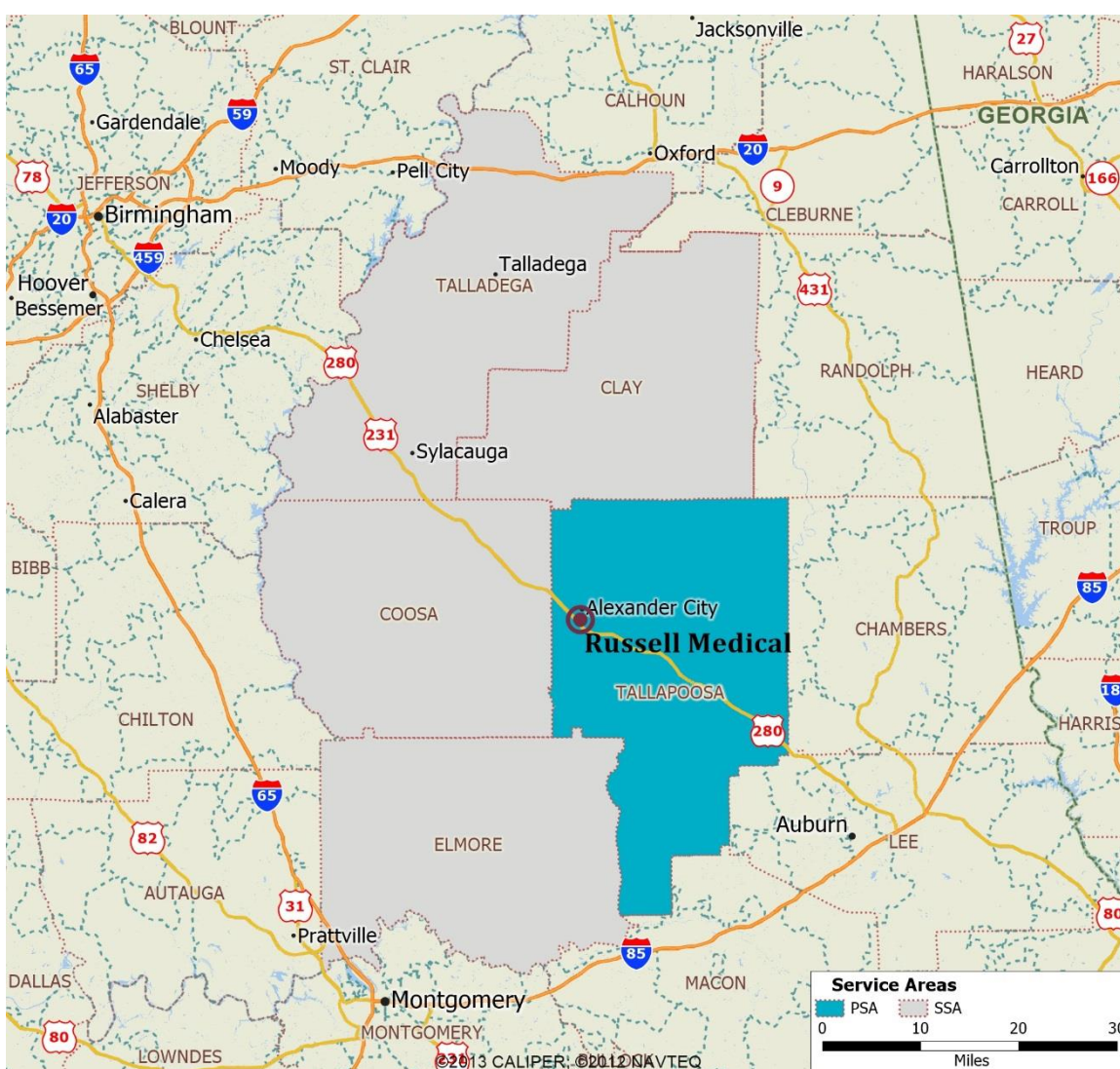
Nestled along a scenic drive along the eastern side of Lake Martin, Medical Park Family Care offers patients the option of walk-in service or scheduled appointments. Just minutes from US HWY 280, this full-scale clinic is staffed by a physician and certified registered nurse practitioner and is equipped with a lab and x-ray services. 1034 S. Tallassee Street, Dadeville, AL. 256-825-9900.



Russell Medical's Community

In 2021, Russell Medical received 68% of its admissions from Tallapoosa County, and another 26% 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 2021 Admissions



Service Area	County	Admits	Percent Admits	Cumulative Admits
Primary	Tallapoosa	1,166	67.9%	67.9%
Secondary	Coosa	251	14.6%	82.5%
Secondary	Elmore	90	5.2%	87.7%
Secondary	Clay	56	3.3%	91.0%
Secondary	Talladega	54	3.1%	94.1%
All Other		101	5.9%	100.0%
Total Admissions		1,718	100.0%	

Russell Medical's Patient Statistics

In 2021, Russell Medical admitted 2,549 patients with 18% of admissions for women's services, 5 % of admissions for pediatric services and 77% of admissions for adult medical/surgical services. In addition, the Medical Center treated 18,054 patients in the Emergency Department - averaging 50 patient visits per day. During the year, the hospital treated 20,367 ambulatory care patients; performed 2,811 surgical procedures; and had 3,595 outpatient patient days.



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 best outcomes. ⁽¹⁾ It requires three distinct steps:

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

What are the barriers to health services?

Barriers to health services include:

- Lack of availability
- High cost
- Lack of insurance

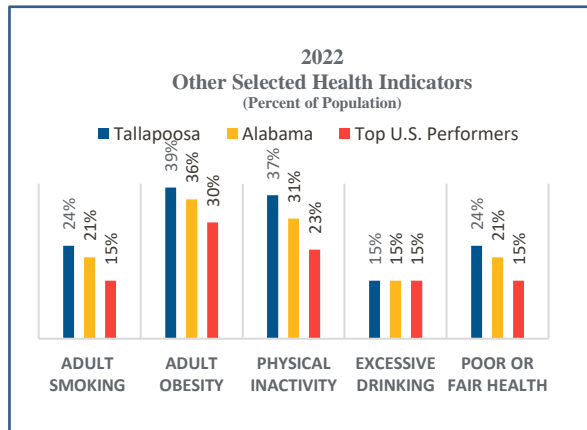
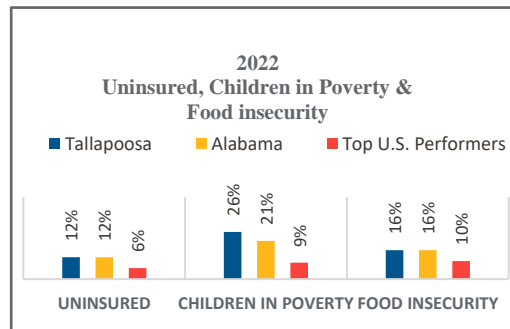
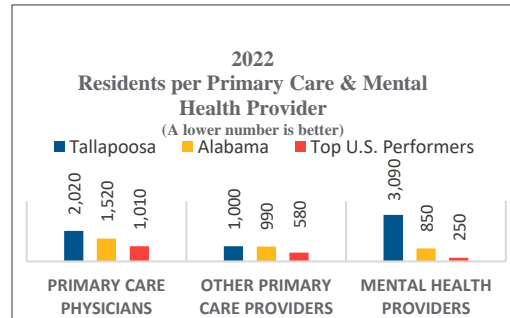
What do barriers to health services lead to?

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, Dec. 2020.

- (1) Institute of Medicine, Committee on Monitoring Access to Personal Health Services, National Academies Press, 1993.
- (2) Robert Wood Johnson Foundation, 2022 County Health Rankings & Roadmaps.



What are the health risks of obesity?

In addition to diabetes, heart disease, and hypertension, obesity is related to many serious health problems.

- Approximately 20% of cancers in women and 15% of cancers in men are attributable to overweight and obesity.
- An estimated 34% of kidney disease cases in women and 24% of cases in men are attributable to overweight and obesity.
- Overweight and obesity at midlife independently increases the risk of dementia, Alzheimer's disease, and vascular dementia.
- Obese adults are more likely to have depression, anxiety, and other mental health problems.

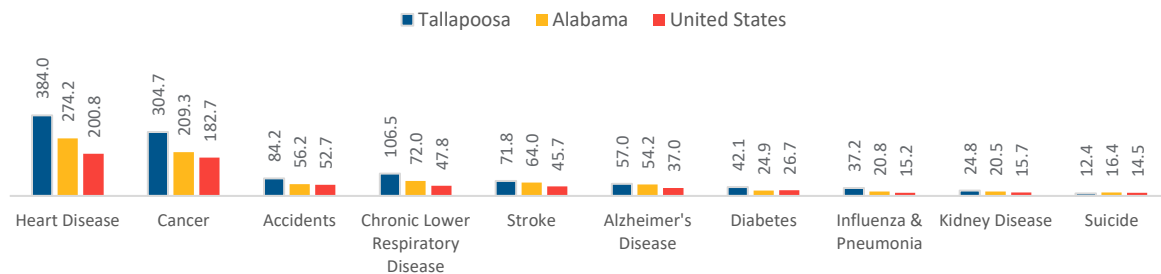
Source: The State of Obesity, August 2017, Trust for America's Health, RWJF

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.

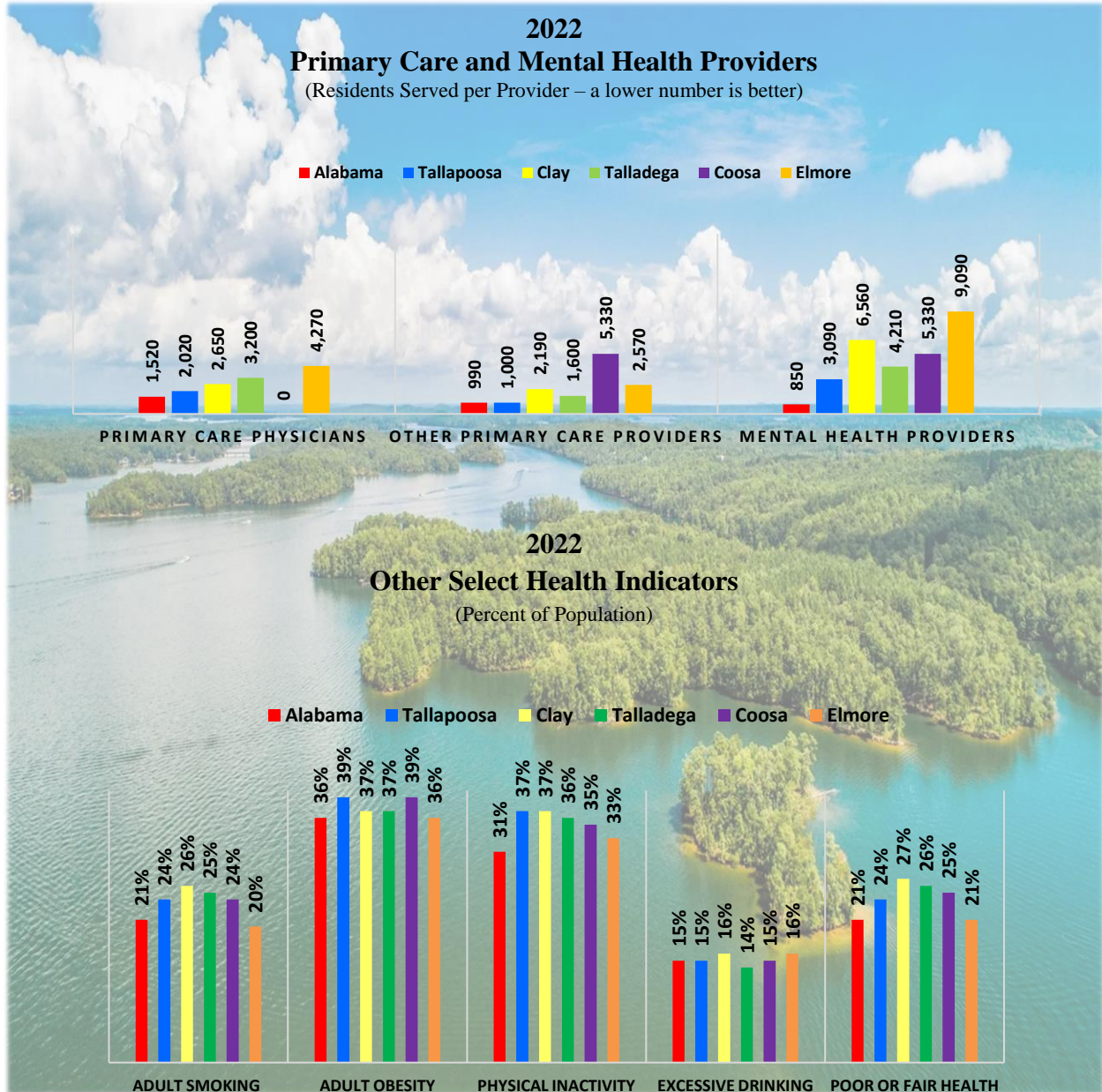
2019 Top 10 Leading Causes of Death



Sources: National Vital Statistics Reports, Vol. 68, No. 6, July 26, 2021; Alabama Public Health, Alabama Center for Health Statistics, County Health Profiles 2019.



Russell Medical Primary and Secondary Service Area Counties



Sources: "2022 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

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.



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.

Contributors to Our CHNA

Nancy Ammons, RN Director of Acute Care Russell Medical	Kimberly Carter Physician Recruiter, Legacy Project Manager Russell Medical
Paula Davenport, RN Chief Nursing Officer Russell Medical	Brian Dix, MD Obstetrician/Gynecologist OB/GYN Associates
Matt Fisher, CPA Chief Financial Officer Russell Medical	Steve Forehand General Counsel, Russell Medical Board Member Russell Medical
Susan Foy Director of Marketing Russell Medical	Linda Gibson-Young, PhD, ARNP Professor and Outreach Coordinator Auburn University College of Nursing
Tate Hinkle, MD Family Medicine Total Healthcare	Jerry Holley Director of Pharmacy Russell Medical
Tammy Jackson Executive Director Russell Medical Foundation	James Korte, MPT Director of Rehabilitation Services Russell Medical
Courtney Layfield Executive Director Lake Martin United Way	Cecily Lee, LNHA Administrator Brown Nursing Home
Melanie Moseley Patient Navigator UAB Medicine-Russell Medical Cancer Center	Hugh Neighbors, III Chairman Russell Medical Board of Trustees
Jim Peace President and CEO Russell Medical	Jamie Peavy, CRNP Nurse Practitioner Health Partners of New Site
Beverly Price, EdD Interim Superintendent Alexander City Board of Education	Michelle Ray, PT Physical Therapist Russell Medical
Chante Ruffin, MD Pediatrician Heritage Pediatrics	Jessica Sanford Public Relations Alexander City Schools
Kayla Tidwell, CRNP Nurse Practitioner Medical Park Family Care in Dadeville	

Community Health Needs versus Other Community Needs

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.

While Russell Medical receives patients from throughout Alabama, it is not practical or realistic for the Medical Center to address the community health needs of all the patients it sees when they leave and return to their home communities. Thus, Russell Medical will focus its efforts on identifying and prioritizing the community health needs of residents who live in its primary service area of Tallapoosa County.



Community Health Needs

The community health needs of residents within Russell Medical's primary service area were identified through interviews with advocates representing the interests of the community.



Based on the interviews, expertise, and feedback from individuals representing the interests of the community a list of community health needs was developed. There was consensus around five specific community health needs, based on the unprompted frequency that these needs were identified by participants.



From this list of five identified community health needs, each participant was asked to rank community health need priorities on an ordinal scale with 1 being the highest priority and 5 being the lowest priority. The community health needs assessment was completed in June and July 2022. A 100% response rate from all participants was achieved, resulting in the following ranking of community health need priorities within Russell Medical's community



2022 Community Health Need Priorities

The five identified community health needs are:

1. Increased access to behavioral health services.
2. Enhance diabetes, hypertension, and heart disease education and management resources to increase patient understanding of their disease process and management tools.
3. Non-emergency medical transportation services for individuals with limited resources.
4. Enhance the promotion of healthy nutrition, lifestyle, and exercise in the community.
5. “Sliding scale” medical services for persons with limited resources requiring non-urgent, on-going, and follow-up medical care.



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

MEMBER OF **UAB** HEALTH SYSTEM

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 the unmet health needs within the community.

The overall objective of Russell Medical's 2022-2025 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.



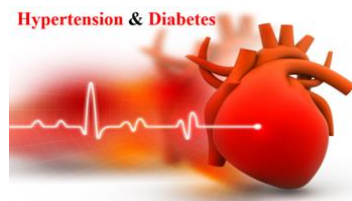
For each of the five community health needs assessed by persons with specialized knowledge and expertise of community health needs in Tallapoosa County, we will provide the following:

Description of community need

Objectives for addressing need

Ongoing programs and services addressing need

Progress in addressing Need



Community Health Need: Increased access to behavioral health services

Description of Need



There continues to be a community need for increased access to behavioral health services for residents of Tallapoosa County and surrounding areas. This mirrors regional, statewide, and national problems related to an overall shortage of psychiatrists and other behavioral health providers.

Tallapoosa County has no child, adolescent or adult inpatient, partial hospitalization, or detoxification services within the community.

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 will continue to meet with regional and statewide behavioral health advocates to discuss the on-going need for increasing access to behavioral health services in the community.

Russell Medical's Programs and Services Related to Need

- Russell Medical does not provide inpatient or outpatient treatment services for patients with behavioral health issues but provides emergency stabilization services to ensure patient safety when persons with acute psychiatric and/or substance abuse issues present in the emergency department.
- Russell Medical 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.

Progress in Addressing Need

From 2018 to 2022, the number of residents per mental health provider decreased 32 percent from 4,530 to 3,080 residents per provider within Tallapoosa County. However, there continues to be an overall shortage of psychiatrists and mental health providers with the county. Furthermore, the shortage of mental health providers is substantially more pronounced in the surrounding counties of Clay, Talladega, Coosa, and Elmore counties.

Sources: "2022 County Health Rankings" Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

Russell Medical provides 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.

Russell Medical continues to provide limited outpatient mental health services one day per week utilizing a Nurse Practitioner at its Total Healthcare facility on the hospital's campus.

Community Health Need: Enhance diabetes, hypertension, and heart disease education and management resources to increase patient understanding of their disease process and management tools.

Description of Need



There continues to be a community need to enhance diabetes, hypertension and heart disease education and management resources to increase patient understanding of their disease processes and management tools.

The annual death from heart disease in Tallapoosa County was significantly higher than the national average and higher than the rate for all of Alabama. In addition, the annual death rate for diabetes in Tallapoosa County was greater than the national average.

Objectives for Addressing Need

- Russell Medical will continue to provide disease specific education/management tools and protocols for patients with diabetes, hypertension, and heart disease.
- Russell Medical will continue to support patient education regarding the disease processes/management tools for treating diabetes, hypertension, and heart disease in partnerships with other organizations.
- Russell Medical will continue to refer patients to regional centers for comprehensive diabetic education.
- Russell Medical will evaluate the feasibility of employing a part-time diabetic educator.

Russell Medical's Programs and Services Related to Need

Russell Medical has several programs and activities to enhance awareness, education and management of diabetes, hypertension, and heart disease. As part of National Heart Month, Russell Medical provides heart health screenings including blood pressure evaluations, cardiovascular fitness tests, 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 receive peer support in dealing with issues related to their diabetes. In addition, Russell Medical 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. Russell Medical will evaluate the financial feasibility of employing a part-time diabetic educator.



Community Need: Non-emergency 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 ambulatory 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.

ARISE operates six vans, but due to the rising cost of gasoline, and a significant decrease in United Way contributions since the COVID epidemic the agency is not able to meet the increasing demand for services. In addition, ARISE patients must be ambulatory which presents problems for individuals, particularly elderly patients, who may need to be transported in a geriatric chair or stretcher. These non-emergency patients currently are transported by the fire department's ambulance.

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.
- Continue to seek 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.

Russell Medical's Programs and 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 provides annual financial support to ARISE in addition to a per trip fee for medical transportation. Russell Medical 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 Need: Enhance the promotion of healthy nutrition, lifestyle, and exercise in the community.

Description of Need



There continues to be a community need to enhance the promotion of healthy nutrition, lifestyle, and exercise. In 2022, the University of Wisconsin Population Health Institute reports adult obesity at 39% for Tallapoosa County. Adult obesity is defined as the percentage of adults with a BMI (body mass index) of 30 or more. In addition, 37% of adults were reported as physically inactive compared in Tallapoosa County.

Objectives for Addressing Need

- Russell Medical will continue to recruit partners to facilitate development of community initiatives that address overweight/obesity, supports healthy nutrition, lifestyle, and exercise programs.
- Russell Medical will continue to support participation in its employee wellness program to encourage employees to regularly utilize the Total Fitness Center.
- Russell Medical Foundation will continue to collaborate with Auburn University College of Nursing to support community health awareness training *TigerCHAT* for K-6th grade students at local area schools.

Russell Medical's Ongoing Programs and Services Related to Need

Russell Medical's Total Fitness is available to members of the community at large. Russell Medical's exercise specialists provide health and wellness plans designed to meet the fitness needs of everyone. Trained in combating the effects of aging and many chronic diseases, these highly qualified professionals combine the individual's goals with the latest in exercise science to enhance, improve and maintain the quality of life we all desire.

Total Fitness is a spacious 20,000-square foot facility features top performance exercise and rehabilitation equipment, an aerobics studio, and personal training sessions.

Russell Medical Foundation has partnered with Auburn University College of Nursing to promote *TigerCHAT*, a program for K-6th grade students that focuses on health, fitness, stopping bullying and mental health. Russell Medical Foundation provides \$15,000 per year to underwrite this program.

Progress in Addressing Community Health Need

Russell Medical has made progress 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 Health Need: “Sliding scale” medical services for persons with limited resources requiring non-urgent, on-going, and follow-up medical care.

Description of Need



There continues to be a community need for “sliding scale” medical services for persons with limited resources requiring non-urgent, on-going, and follow-up medical care. Many area residents fall into one of several categories, including being unemployed with no health insurance; being employed but do not have health insurance; being employed but make too much income to be eligible for Medicaid; having health insurance with a very high deductible and only use it for a catastrophic emergency; having Medicaid but not able to 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

- Russell Medical will continue to encourage local physicians to provide limited services on a “sliding scale”.
- Russell Medical will evaluate the feasibility of a “sliding scale” clinic to provide preventive, primary care, and follow-up medical care to persons with limited financial means.
- Russell Medical will continue to look for state, federal and philanthropic programs to assist in providing “sliding scale” services for patients with limited financial resources.
- Russell Medical will 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 and Services Related to Need

Russell Medical does not have a “sliding scale” clinic for individuals requiring non-urgent, on-going 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 three rural health clinics, Health Partners of Goodwater in Coosa County, Health Partners of New Site in northeastern Tallapoosa County, and Medical Park Family Care in Dadeville.

Progress in Addressing Community Health Need

Due to growing financial pressures faced by physician practices, it continues to be difficult getting physicians to provide “sliding scale” services for individuals with limited resources requiring non-urgent, ongoing or follow-up medical care as many physician practices are already experiencing tremendous financial pressures.

Russell Medical employs primary care physicians and nurse practitioners to provide primary care and non-urgent, follow-up medical care. These services are provided at four locations including on the campus of Russell Medical in Alexander City, in Dadeville, Goodwater and New Site.

Russell Medical Urgent Care on the main campus treat injuries and illnesses requiring immediate care but not serious enough to require an emergency room visits seven days a week.

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:

- Birthing 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.childrealsal.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



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 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 worksite wellness program and includes 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.
21342 Highway 9, Goodwater, AL 35072 (256) 743-1300

Health Partners of New Site, an affiliate of Russell Medical is a provider based rural health clinic in Tallapoosa County.
12761 AL-22, New Site, AL 36256 (256) 392-3300

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

Medical Park Family Care in Dadeville, an affiliate of Russell Medical is a provider based rural health clinic in Tallapoosa County.
1034 S. Tallahassee Street, Dadeville, AL 36853 (256) 825-9900

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

NOTES:



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 our resources to improve the quality of every life we touch.

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



Russell Medical

MEMBER OF **UAB** HEALTH SYSTEM

3316 Highway 280
Alexander City, Alabama 35010

www.russellcares.com

