

# SWEETWATER HOSPITAL ASSOCIATION COMMUNITY NEEDS ASSESSMENT 2024



304 Wright Street, Sweetwater, TN 37874

**SHA**  
Sweetwater Hospital Association  
*Your Health... Our Mission.*

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## Our Mission:

At Sweetwater Hospital Association, our mission is to provide the highest quality medical care available in our service area within our scope of care. We will continue to have a reputation for having highly knowledgeable and technically skilled staff members providing outstanding patient care in state of the art facilities with genuine kindness and compassion for others.



## **Purpose Statement:**

A Community Health Needs Assessment is the key to understanding the health problems and priorities of a population. The process used by Sweetwater Hospital Association allows participants to complete a key community leadership questionnaire soliciting input regarding their perceptions, observations and experiences with the most pressing community health needs in Monroe County. The final report makes recommendations on the health priorities for the identified significant community-based health issues related to underlying behavioral risk factors.

The goal of public health is to improve the health of a population. A Community Health Needs Assessment involves obtaining and interpreting information to determine the health status of a specific community in order to determine areas for improvement. Once community health needs are identified, public health interventions can be developed and their effectiveness evaluated using a similar approach. Information necessary for performing a Community Health Assessment, for example, data on mortality rates or behavioral risk factors such as smoking, is available from various sources.

## **Objectives**

- Perform a Community Health Needs Assessment
- Identify sources and limitations of population-based data
- Select and appraise the utility of standards including Healthy People 2030
- Identify specific health indicators to assess the health status of a community
- Describe the priority health issues of a community
- Relate priority health issues to behavioral, social, and environmental health determinants
- Make recommendations for action to address the priority health issues identified
- Incorporate recommendations into short- and long-term strategic planning activities
- In conjunction with other community agencies, work toward improving the health of the citizens of our community

## **Introduction to the Assessment**

In 2024, Sweetwater Hospital Association, in cooperation with other community health agencies, began a review and update of a Community Health Needs Assessment of Monroe County originally conducted by the same in 2021. The updated report provides a current overview of the community, the data collection methodologies and findings, and the priority areas identified. The key findings of this assessment focus on opinions and perceptions of those individuals willing to participate in the processes.



## Community Overview

### Cities and Towns

- Madisonville (County Seat)	city	Incorporated Area
- Sweetwater (Largest)	city	Incorporated Area
- Tellico Plains	town	Incorporated Area
- Vonore	town	Incorporated Area

### Geography

Monroe County is located in the south eastern portion of the State of Tennessee in the foothills of the Smoky Mountains. The county has a total area of 653 square miles (1,690 km<sup>2</sup>), of which, 635 square miles (1,644 km<sup>2</sup>) of it is land and 18 square miles (46 km<sup>2</sup>) of it (2.71%) is water. Monroe County ranks as the sixth largest in land area among Tennessee's 95 counties and is the largest county in the East Tennessee Development District. There are eight adjacent counties including Loudon County (north), Blount County (northeast), Graham County, North Carolina (east), Cherokee County, North Carolina (southeast), Polk County (southwest), McMinn County (west).

Monroe County is predominately rural and as such has an abundance of rolling farmland, beautiful rivers, mountains, valleys, streams and lakes. A portion of the county is included in the Cherokee National Forest which includes the National Scenic Byway, the Cherohala Skyway leading through the Cherokee and Nantahala National Forests, all the way from Tellico Plains, Tennessee to Robinsville, North Carolina.

### Climate

- Four distinct seasons
- Spring typically lasts from March - June
- Fall typically lasts September - December
- Average annual high temperature 68.9 degrees Fahrenheit
- Average annual low temperature 46.3 degrees Fahrenheit
- Average annual precipitation of 56 inches
- Average of 11 inches of snow annually
- The area is attractive to retirees from both the north and south, due to mild weather, and the beautiful outdoor environment.

## Activities

Monroe County offers opportunities to camp, hike, picnic, bicycle, kayak or swim. Motorcyclist enjoy the 99 plus curves and switchbacks of the Dragons Tail roadway as well as the Cherohala Skyway run. Fishermen seek reward with the wild and stocked fish of Tellico, Bald, Citico, and North Rivers as well as Tellico and Watts Bar Lakes. The area is a rich and diverse natural habitat for an amazing variety of birds, wild animals, and vegetation - over 20,000 species of plants, mammals, reptiles, and fish.

## Unemployment Rates Monroe County 2010 to 2024

	Monroe Co	Tennessee	National
2010	13%	10%	10%
2015	7.1%	6.0%	5.7%
2020	5.9%	6.2%	6.3%
2024	2.9%	3.3%	3.9%

(Department of Labor and Workforce Development - <https://www.tn.gov/workforce.html>)

## Health Care Providers

Sweetwater Hospital Association (SHA) is a 59-bed acute care not-for-profit 501(3)c corporation which was chartered by the state of Tennessee in 1936. It is a unique organization in that no stock has ever been issued, nor can be issued in the future. Since there are neither owners nor stockholders, any money generated in excess of operational funds is dedicated by law and resolution of the Board of Directors to perpetual use for improving health care delivery to the people served by Sweetwater Hospital Association. There are approximately thirty-six active medical staff members affiliated with Sweetwater Hospital Association.

Sweetwater Hospital Association is located in rural East Tennessee and proudly serves parts of Blount County, Meigs County, McMinn County, Monroe County Loudon County, Polk County, Rhea County and Roane County. It is the only hospital located in Monroe County which has a population of approximately 47,740.

## Physician Specialties:

- Cardiology
- Family Practice
- Gastroenterology
- General Surgery
- Internal Medicine
- Neurology
- Obstetrics and Gynecology
- Oncology
- Orthopedics
- Orthopedic Surgery
- Otolaryngology
- Pediatrics
- Podiatry
- Pulmonology
- Respiratory
- Sleep Study
- Urology
- Wound Care

## ***Non-Hospital Services Located in Monroe County (Not an all-inclusive listing)***

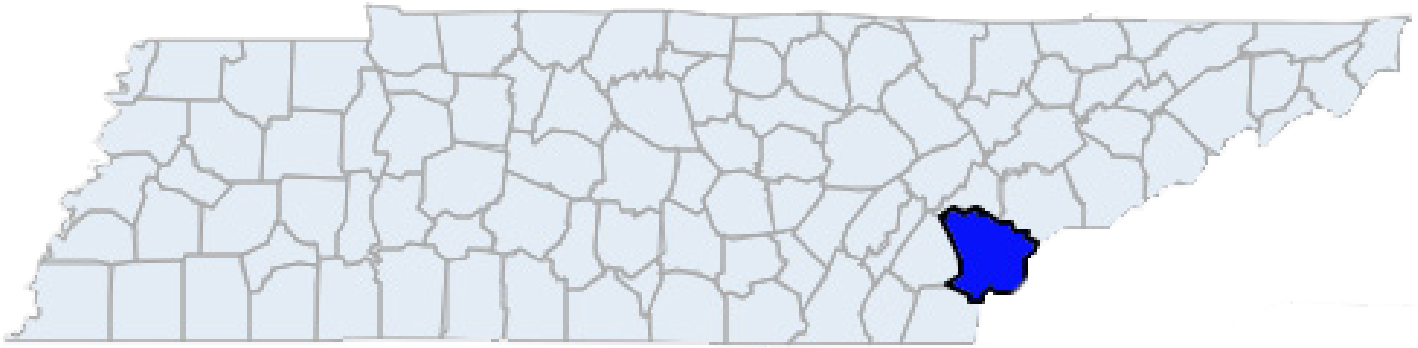
- Outpatient Mental Health Service
- Home Health Care Agencies
- Nursing Home Centers
- Assisted Living
- Durable Medical Equipment Suppliers
- Health Department
- Dental Clinic affiliated with Health Department
- Dental Offices
- Private Physicians Offices not affiliated with hospital
- Urgent Care Clinics
- Pharmacy Services

## ***Social Determinants of Health***

Health status has an impact on both mortality (length of life) 50% and morbidity (quality of life) 50%. The health status of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community health by implementing effective policies and programs. For example, people who live in communities with smoke-free laws are less likely to smoke or to be exposed to second hand smoke, people who live in communities with safe and accessible park and recreation space are more likely to exercise, which reduces heart disease risk.

Health varies greatly across communities, with some places being much healthier than others. We know that much of what influences our health happens outside of the doctor's office – in our schools, workplaces, and neighborhoods. Everyone has a stake in community health. Community members need to work together to find solutions.





\* <https://www.countyhealthrankings.org/health-data/tennessee/monroe?year=2024>

Monroe County, Tennessee is Rural. Meaning outside of urban cores of 10,000 or more population. In Monroe County, 73.3% of the population lives in a low population density area. Low population density areas are defined as less than 2,000 housing units and less than 5,000 people.

	<u>County</u>	<u>Tennessee</u>
<u>Population **</u>	47,740	7,051,339
<u>% Below 18 Years of Age **</u>	20.4%	21.8%
<u>% 65 and Older **</u>	22.0%	17.3%
<u>% Non-Hispanic Black **</u>	1.9%	16.4%
<u>% American Indian or Alaska Native **</u>	0.7%	0.5%
<u>% Asian **</u>	0.6%	2.1%
<u>% Native Hawaiian or Other Pacific Islander **</u>	0.1%	0.1%
<u>% Hispanic **</u>	4.8%	6.4%
<u>% Non-Hispanic White **</u>	90.5%	72.9%
<u>% Not Proficient in English **</u>	1%	2%
<u>% Female **</u>	50.2%	50.9%
<u>% Rural **</u>	73.3%	33.8%

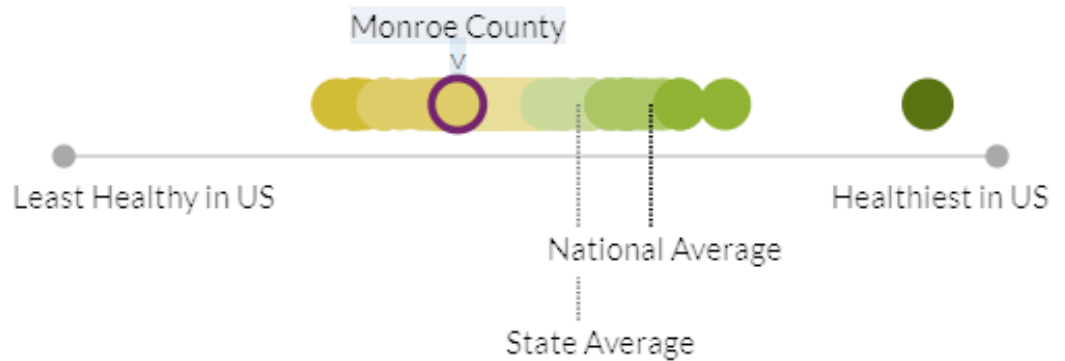


# 2024 Monroe County Health Rankings

## Monroe County Health Outcomes

Health Outcomes tell us how long people live on average within a community, and how much physical and mental health people experience in a community while they are alive. A variety of measures are viewed within the community to see how they affect the future of healthy communities.

Monroe County is faring worse than the average county in Tennessee for Health Outcomes, and worse than the average county in the state or nation.



<u>Length of Life</u>	<u>Monroe Co</u>	<u>Tennessee</u>	<u>USA</u>
Premature Death	13,500	11,000	8,000

In Monroe County, Tennessee, 13,500 years of life were lost to deaths of people under age 75, per 100,000 people.

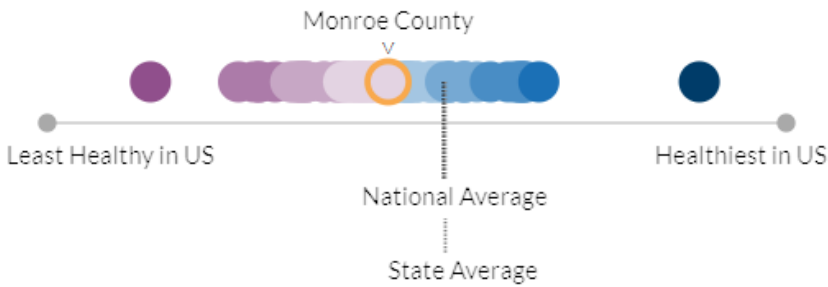
Definition: Years of potential life lost before age 75 per 100,000 population (age-adjusted).

Error margin: 12,200-14,700

Years of data used: 2019-2021

<u>Quality of Life</u>	<u>Monroe Co</u>	<u>Tennessee</u>	<u>USA</u>
Poor or Fair Health	21%	18%	14%
Poor Physical Health Days	4.7%	4.1%	3.3%
Poor Mental Days	6.3%	5.8%	4.8
Low Birth weight	9%	9%	8%

# Monroe County Health Factors



## Health Factors

<u>Health Behaviors</u>	<u>Monroe County</u>	<u>Tennessee</u>	<u>United States</u>
Adult Smoking	24 %	20%	15%
Adult Obesity	35%	36%	34%
Food Environment Index	7.2	6.5	7.7
Physical Inactivity	33%	27%	23%
Access to Exercise Opportunities	58%	67%	84%
Excessive Drinking	15%	17%	18%
Alcohol-Impaired Driving Deaths	18%	24%	26%
Sexually Transmitted Infections	323.4	562.4	495.5
Teen Births	36	24	17
<u>Additional Health Behaviors (not included in summary)</u>			
Food Insecurity	14%	12%	10%
Limited Access to Health Food	6%	9%	6%
Drug Overdose	41	43	27
Insufficient Sleep	36%	34%	33%
<u>Clinical Care</u>			
Uninsured	13%	12%	13.76%
Primary Care Physicians	5,190:1	1,440:1	1,330:1
Mental Health Providers	2,810:1	1,780:1	1,360:1
Preventable Hospital Stays	2,736	2,896	2,681
Mammography Screening	43%	42%	43%
Flu Vaccines	41%	47%	46%

<u>Social &amp; Economic Factors</u>	<u>Monroe County</u>	<u>Tennessee</u>	<u>United States</u>
High School Completion	86%	89%	89%
Some College	46%	63%	68%
Unemployment	3.4%	3.4%	3.7%
Children in Poverty	21%	18%	16%
Income Inequality	4.7	4.6	4.9
Children in Single-Parent Homes	23%	28%	25%
Social Associations	11.1	11.0	9.1
Injury or Death	122	108	80

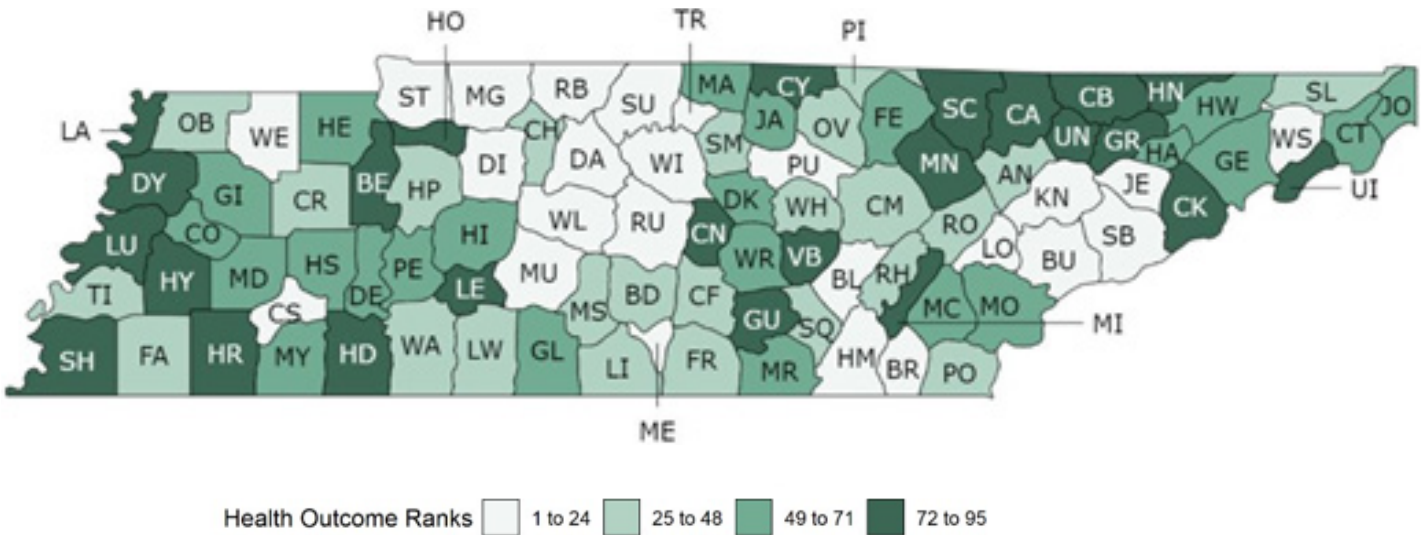
<u>Physical Environment</u>	<u>Monroe County</u>	<u>Tennessee</u>	<u>United States</u>
Air Pollution - Articulate Matter	7.8	7.6	7.4
Drinking Water Violations	NO		
Severe Housing Problems	10%	13%	17%
Driving Alone to Work	82%	79%	72%
Long Commute- Driving Alone	44%	36%	36%

<https://www.countyhealthrankings.org/health-data/tennessee/monroe?year=2024#health-outcomes>

**Overall Health Ranking – Monroe County 64 of 95 counties.**

\*Monroe County increased in ranking from 2020 (66) to 2023 (64).

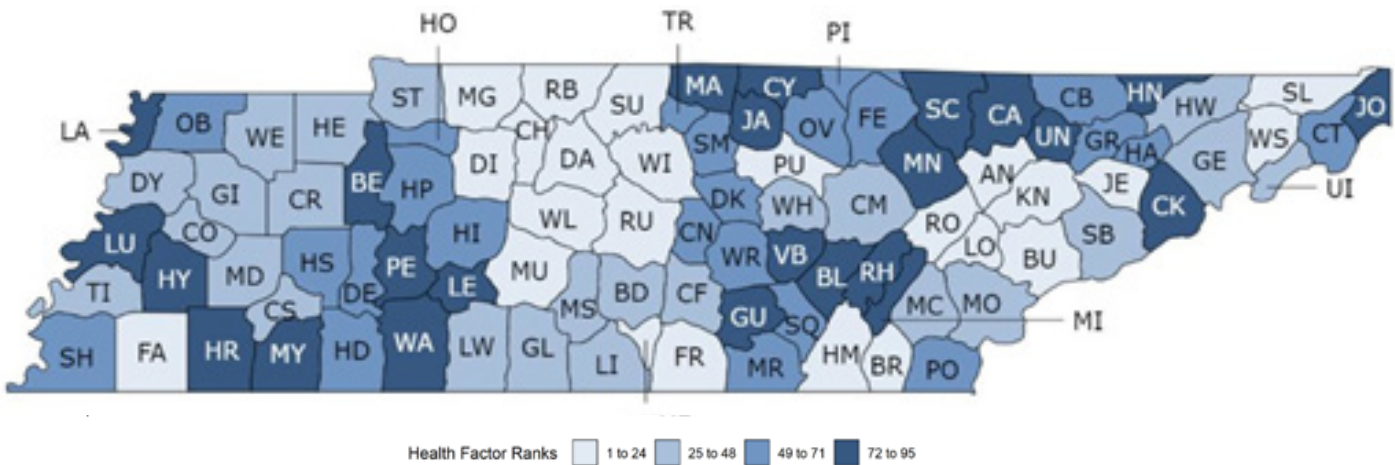
HOW DO COUNTIES RANK FOR HEALTH OUTCOMES? Based on equal weighting of length and quality of life.



**County Ranking for Health Factors – Monroe 46 / 95 counties.**

\*Monroe County decreased in ranking from 2020(45) to 2023 (46).

HOW DO COUNTIES RANK FOR HEALTH FACTORS? Based on weighted scored for health behaviors, clinical care, social and economic factors, and the physical environment.



Blount	8	Knox	3	Loudon	10	McMinn	37	Polk	57	Monroe	46
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## Premature Deaths

In Monroe County, Tennessee, 13,500 years of life were lost to deaths of people under age 75, per 100,000 people.

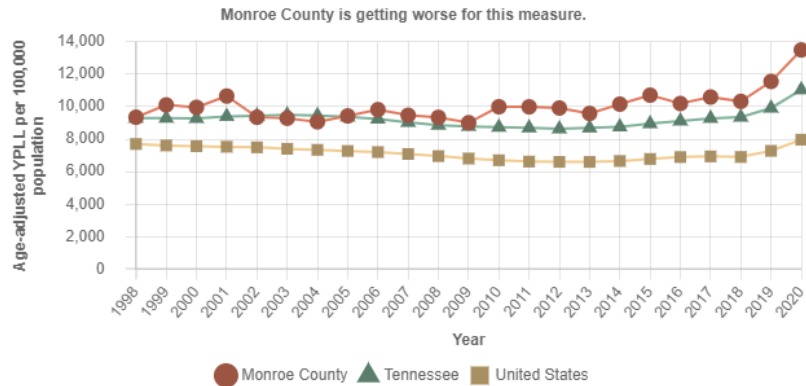
Definition: Years of potential life lost before age 75 per 100,000 population (age-adjusted).

Error margin: 12,200-14,700

Years of data used: 2019-2021

Use caution if comparing these data with prior years

**Premature Death in Monroe County, TN**  
Years of Potential Life Lost (YPLL): county, state and national trends



Notes:  
Methods used for population estimates changed with data years 2004-2006 and again with data years 2019-2021. Use caution when comparing across years.  
Each year represents a 3-year average around the middle year (e.g. 2015 is the middle year of 2014-2016).

## Alcohol-Impaired Driving Deaths in Monroe County, TN

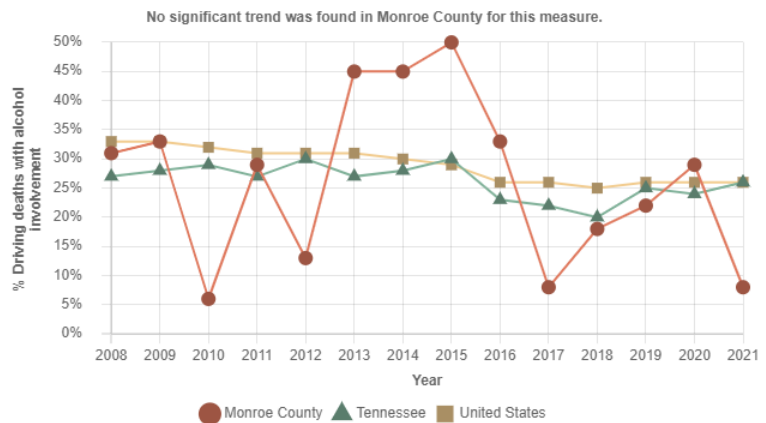
In Monroe County, Tennessee, 18% of motor vehicle crash deaths involved alcohol.

Definition: Percentage of driving deaths with alcohol involvement.

Error margin: 12-25%

Years of data used: 2017-2021

**Alcohol-Impaired Driving Deaths in Monroe County, TN**  
County, state and national trends



Notes:  
This trend graph uses single-year estimates.

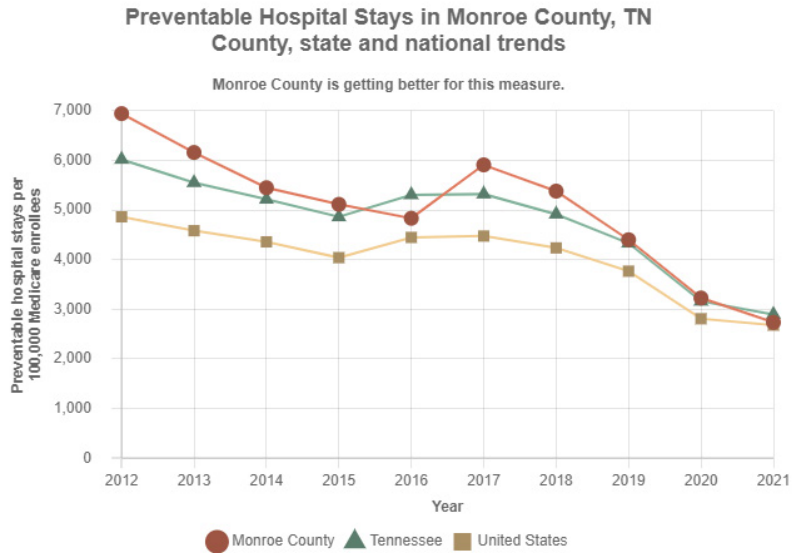


## Preventable Hospital Stays

In Monroe County, Tennessee, 2,736 hospital stays per 100,000 people enrolled in Medicare might have been prevented by outpatient treatment.

Definition: Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees.

Years of data used: 2021

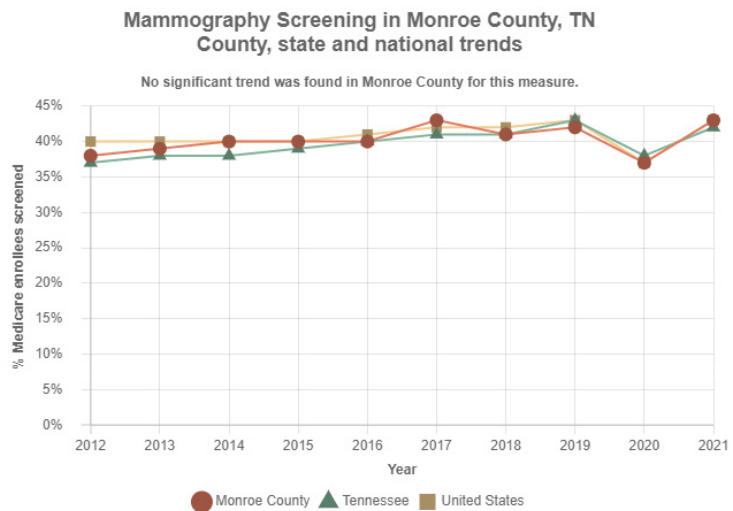


## Mammography Screenings

In Monroe County, Tennessee, 43% of female Medicare enrollees received an annual mammography screening.

Definition: Percentage of female Medicare enrollees ages 65-74 who received an annual mammography screening.

Years of data used: 2021



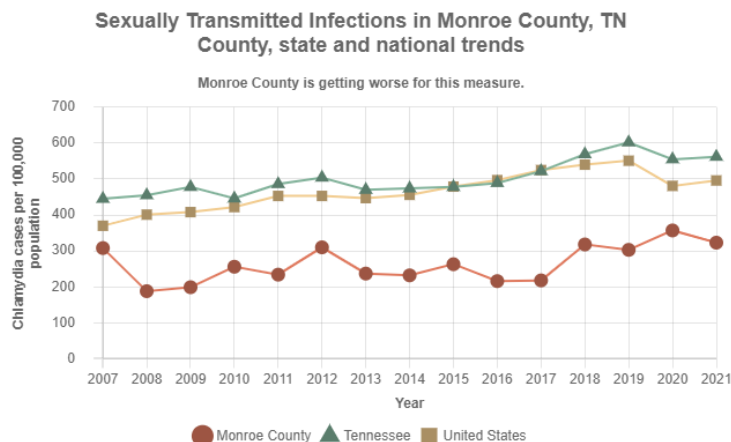
## Sexually Transmitted Infections

In Monroe County, Tennessee, 323.4 new cases of chlamydia were diagnosed per 100,000 people.

Definition: Number of newly diagnosed chlamydia cases per 100,000 population.

Years of data used: 2021

Use caution if comparing these data with prior years



Notes:  
Sexually transmitted infections should only be compared across states with caution.

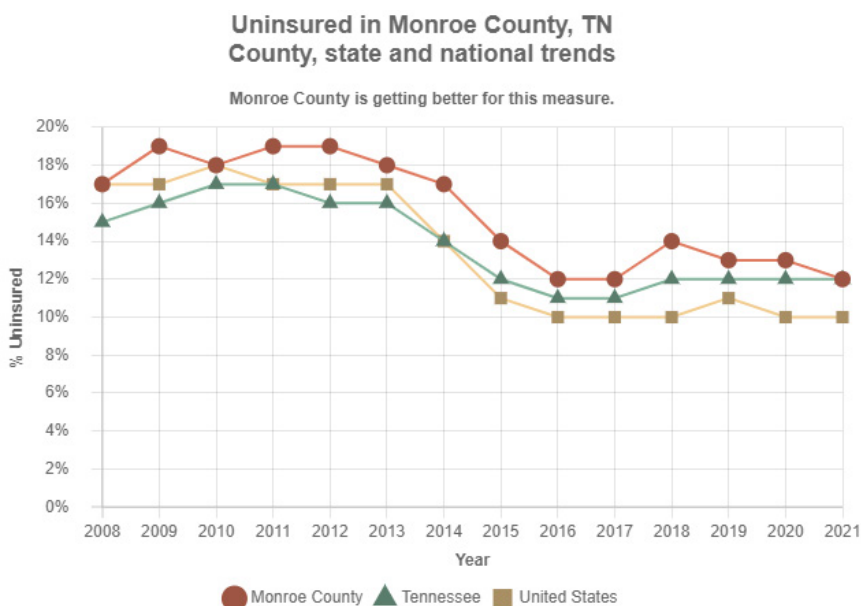
## Uninsured

In Monroe County, Tennessee, 12% of people under the age of 65 did not have health insurance.

Definition: Percentage of population under age 65 without health insurance.

Error margin: 11-14%

Years of data used: 2021



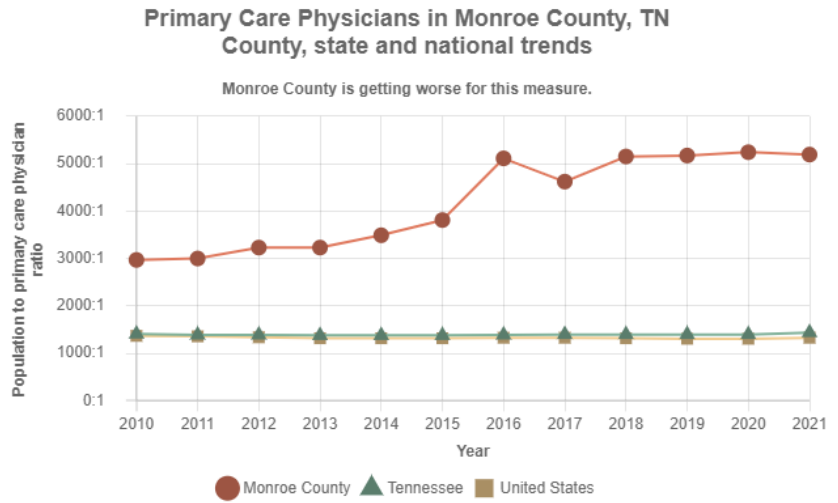
## Primary Care Physicians

There was one primary care physician per 5,190 people in Monroe County, Tennessee.

Definition: Ratio of population to primary care physicians.

Years of data used: 2021

Use caution if comparing these data with prior years



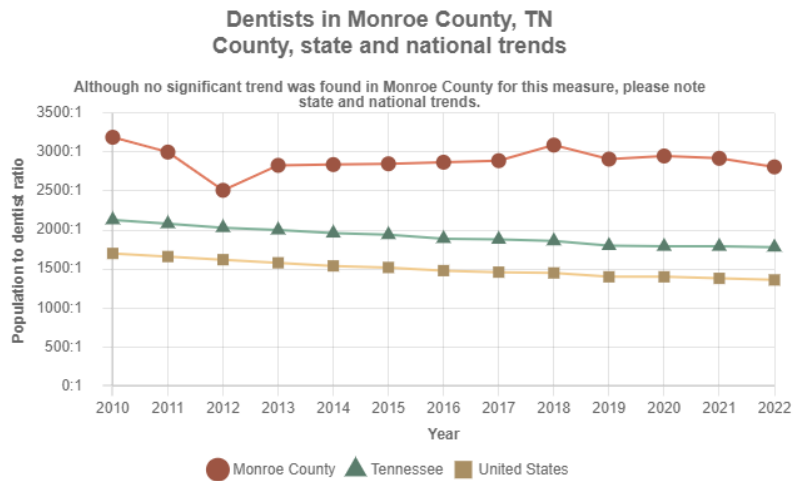
Notes:  
The data in this table reflect the average population served by a single primary care physician.

## Dentist

There was one dentist per 2,810 people registered in Monroe County, Tennessee.

Definition: Ratio of population to dentists.

Years of data used: 2022



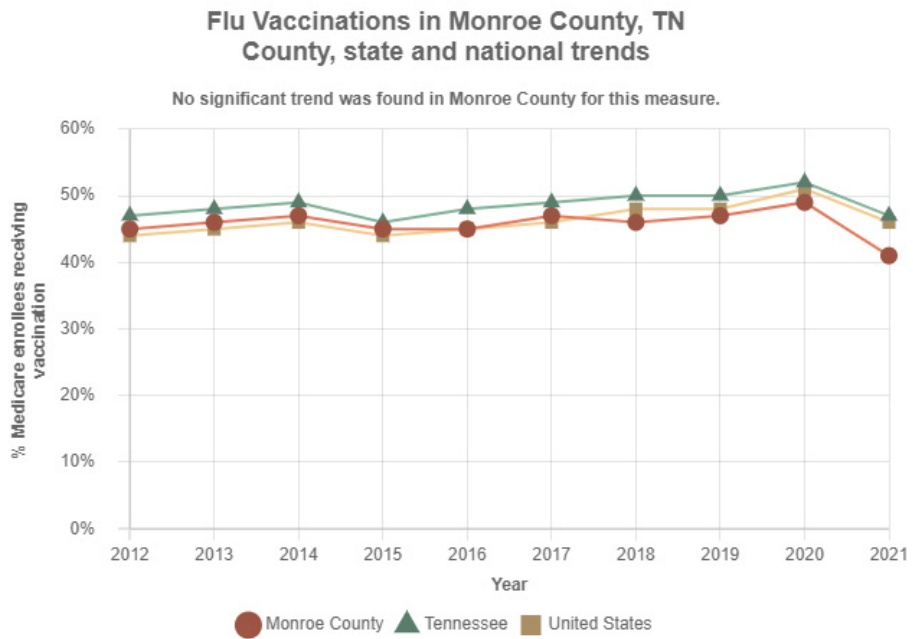
Notes:  
The data in this table reflect the average population served by a single dentist.

## Flu Vaccinations

In Monroe County, Tennessee, 41% of Medicare enrollees received an annual flu vaccine.

Definition: Percentage of fee-for-service (FFS) Medicare enrollees who had an annual flu vaccination.

Years of data used: 2021

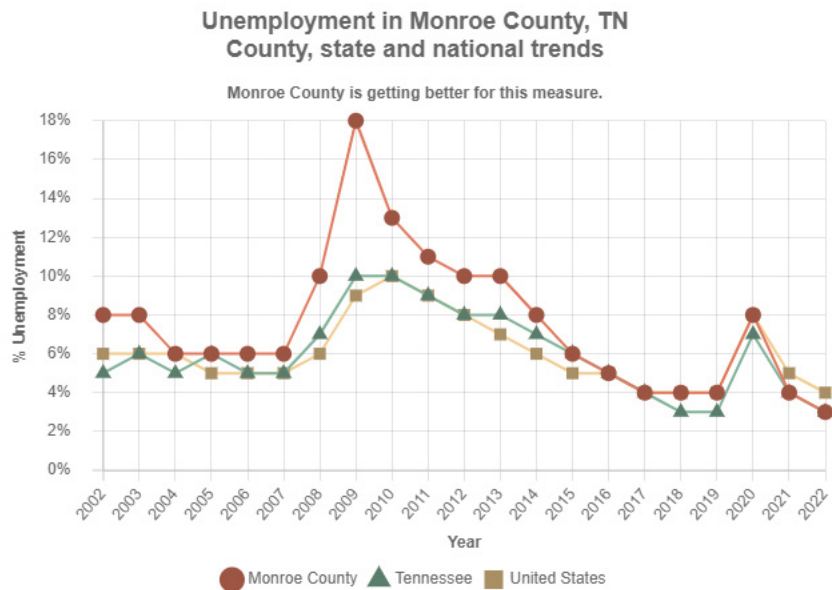


## Unemployment

In Monroe County, Tennessee, 3.4% of people age 16 and older were unemployed but seeking work.

Definition: Percentage of population ages 16 and older unemployed but seeking work.

Years of data used: 2022



## Children in Poverty

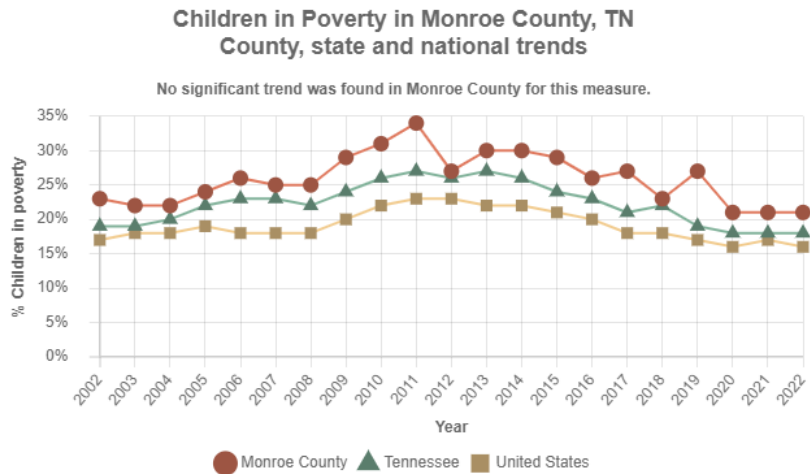
In Monroe County, Tennessee, 21% of children lived in poverty.

Definition: Percentage of people under age 18 in poverty.

Error margin: 14-28%

Years of data used: 2022 & 2018-2022

Use caution if comparing these data with prior years



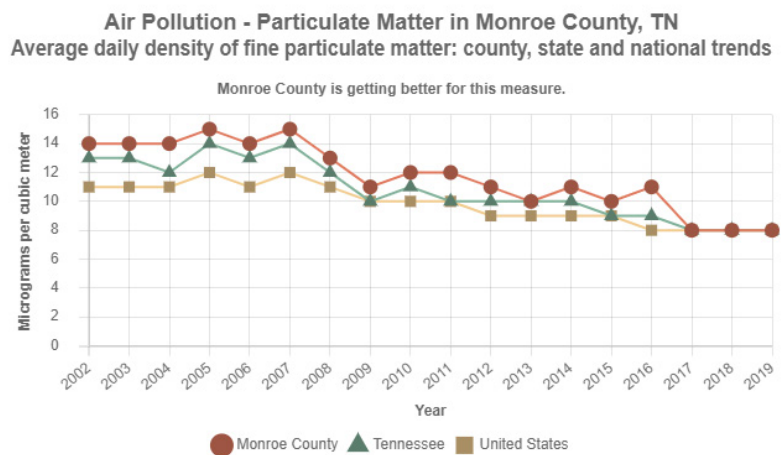
Notes:  
 Prior to 2005, Children in poverty was based on the Current Population Survey; beginning in 2005, it was based on the American Community Survey.

## Air Pollution - Particulate Matter

In Monroe County, Tennessee, an annual average of 7.8 micro-grams per cubic meter of fine particulate matter was measured in the air. The Environmental Protection Agency (EPA) has primary annual average standards of 12.0 micrograms per cubic meter.

Definition: Average daily density of fine particulate matter in micro-grams per cubic meter (PM2.5).

Years of data used: 2019





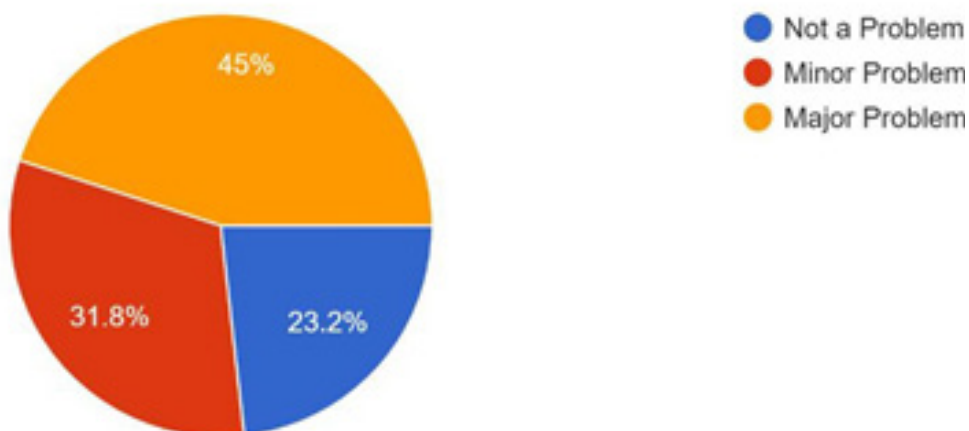
## 2023-24 Community Needs Assessment

During 2023-24, Sweetwater Hospital Association (SHA) joined with Chota Community Health, in Madisonville, TN, to conduct a needs assessment survey titled “Monroe County Community Health Survey”. The survey was designed to gauge various health-related aspects of life in our county from the perspective of those who live or work here. A total of 285 surveys were completed. The results of the survey responses are depicted in the following charts and tables.

In the first section of the survey, participants were given a list of community issues, and instructed to indicate whether they thought it was a “not a problem”, a “minor problem”, or a “major problem” in the community.

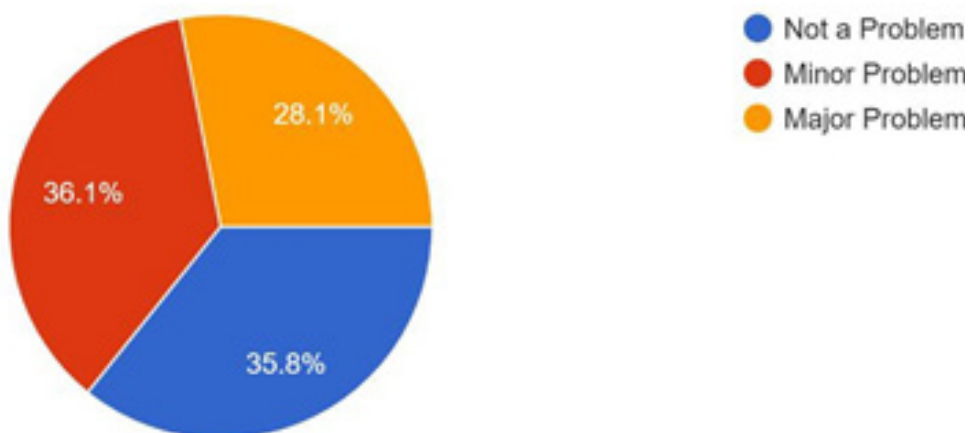
### Access to affordable dental care.

280 responses



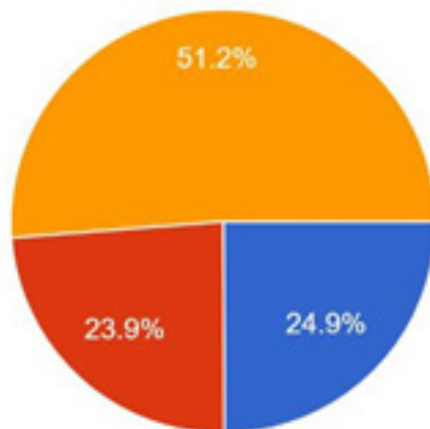
### Access to affordable health care.

285 responses



### Access to mental health care.

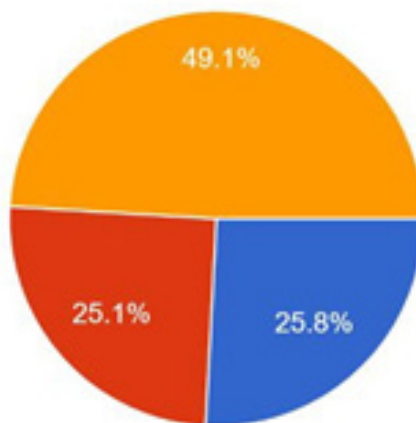
285 responses



- Not a Problem
- Minor Problem
- Major Problem

### Access to substance use disorder treatment.

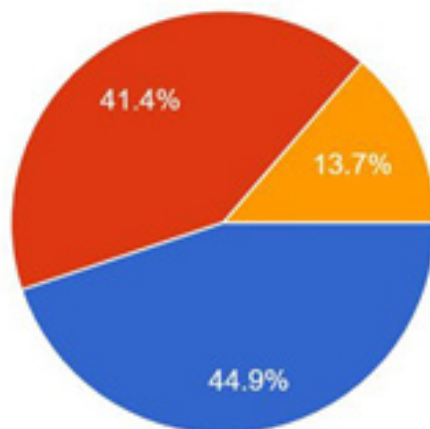
267 responses



- Not a Problem
- Minor Problem
- Major Problem

### Access to prenatal and postnatal care.

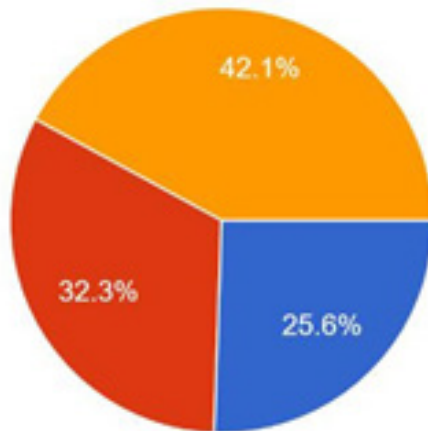
263 responses



- Not a Problem
- Minor Problem
- Major Problem

### Lack of jobs paying a living wage.

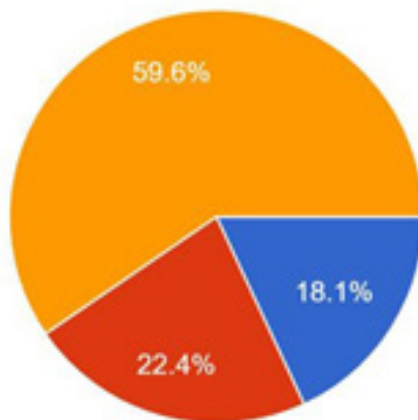
266 responses



- Not a Problem
- Minor Problem
- Major Problem

### Access to affordable housing.

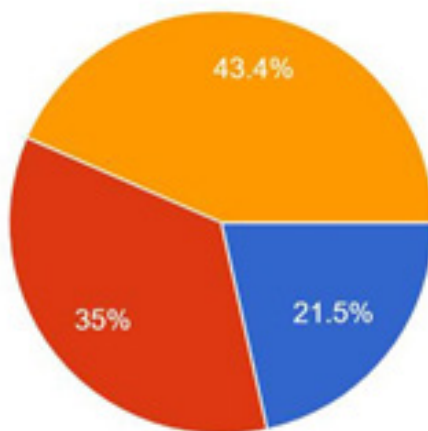
277 responses



- Not a Problem
- Minor Problem
- Major Problem

### Access to reliable and affordable transportation.

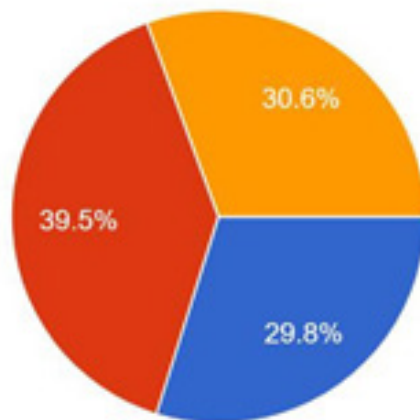
274 responses



- Not a Problem
- Minor Problem
- Major Problem

### Access to resources for people with criminal records.

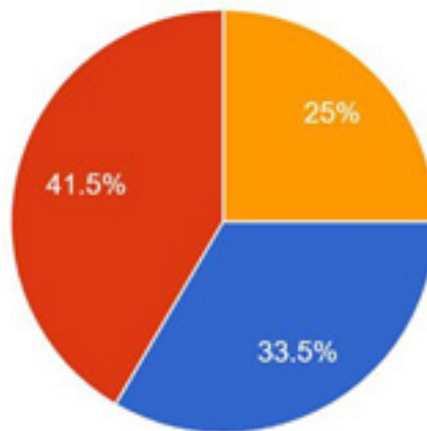
258 responses



- Not a Problem
- Minor Problem
- Major Problem

### Access to resources for non-English speaking residents.

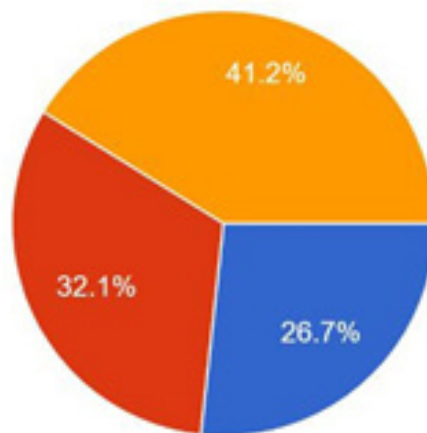
260 responses



- Not a Problem
- Minor Problem
- Major Problem

### Access to resources for veterans.

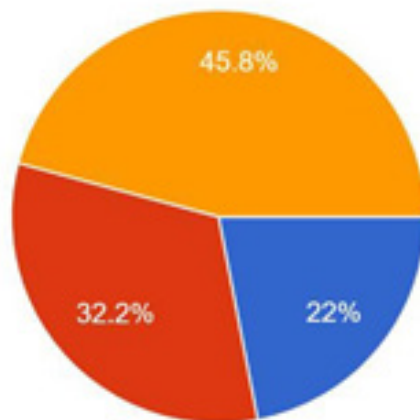
262 responses



- Not a Problem
- Minor Problem
- Major Problem

## Alcohol abuse

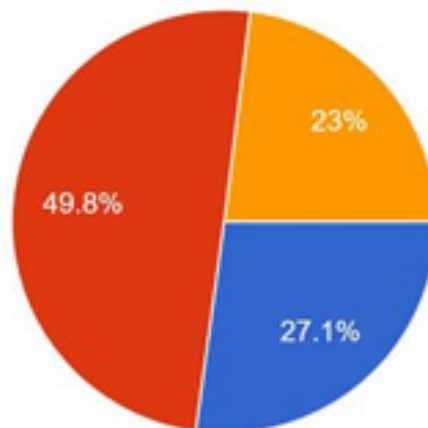
264 responses



- Not a Problem
- Minor Problem
- Major Problem

## Asthma and other respiratory disease.

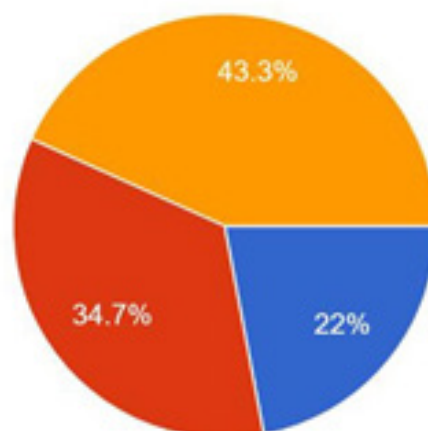
269 responses



- Not a Problem
- Minor Problem
- Major Problem

## Cancer

268 responses

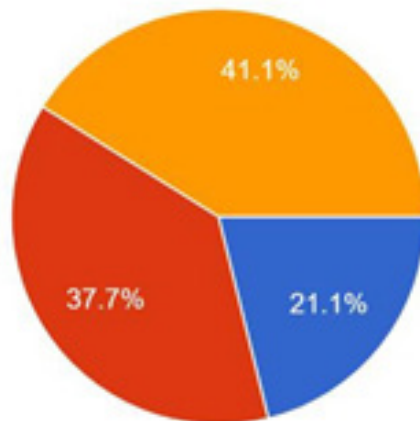


- Not a Problem
- Minor Problem
- Major Problem



## Dementia or Alzheimer's Disease

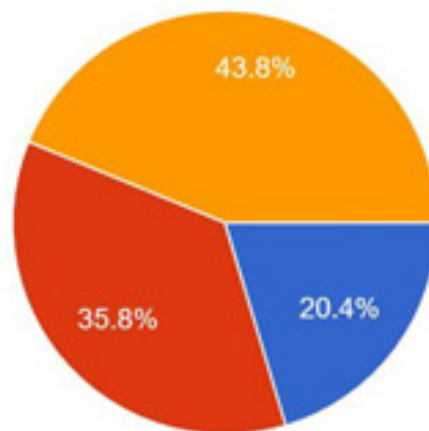
265 responses



- Not a Problem
- Minor Problem
- Major Problem

## Domestic violence, including sexual assault.

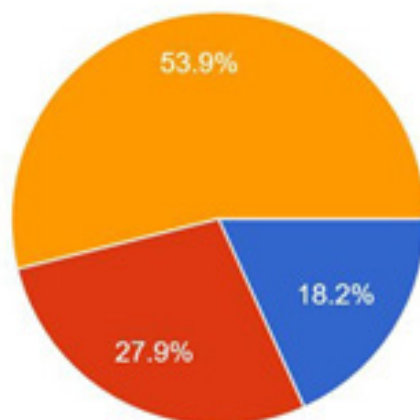
265 responses



- Not a Problem
- Minor Problem
- Major Problem

## Child abuse and neglect.

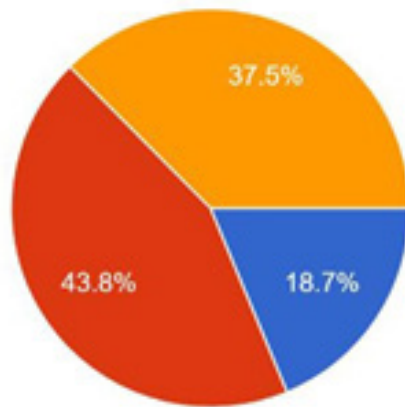
269 responses



- Not a Problem
- Minor Problem
- Major Problem

### Elder abuse or neglect.

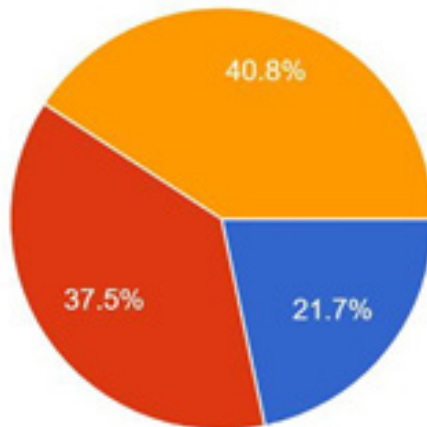
267 responses



- Not a Problem
- Minor Problem
- Major Problem

### Diabetes, youth or adult.

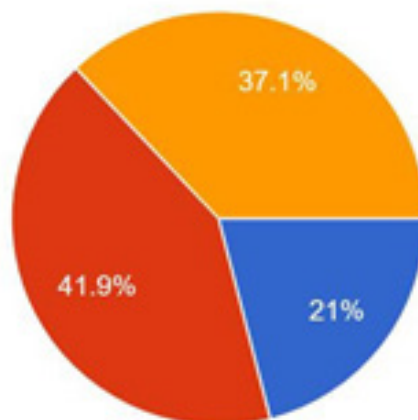
267 responses



- Not a Problem
- Minor Problem
- Major Problem

### Heart disease.

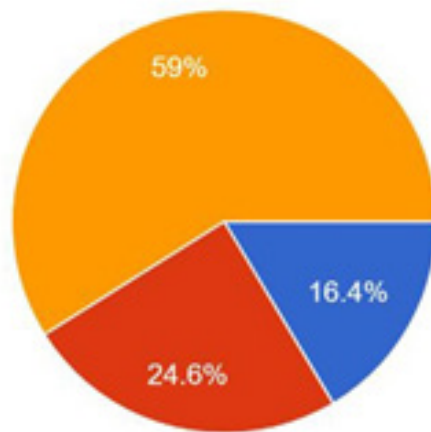
267 responses



- Not a Problem
- Minor Problem
- Major Problem

## Mental Illness

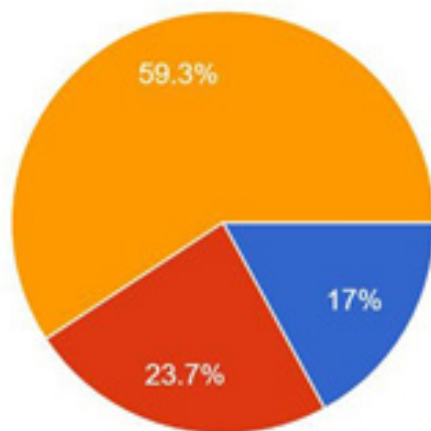
268 responses



- Not a Problem
- Minor Problem
- Major Problem

## Overdose, including death.

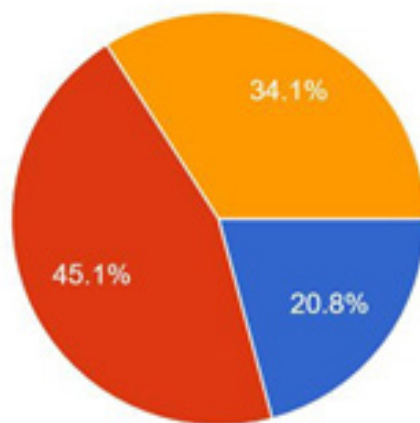
270 responses



- Not a Problem
- Minor Problem
- Major Problem

## Suicide

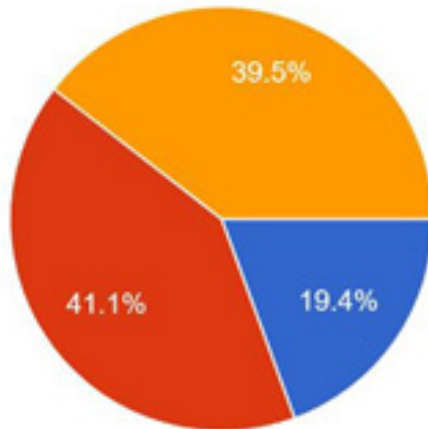
264 responses



- Not a Problem
- Minor Problem
- Major Problem

## Teen Pregnancy

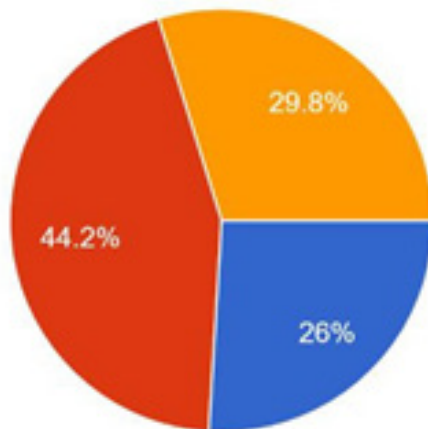
263 responses



- Not a Problem
- Minor Problem
- Major Problem

## Access to healthy food.

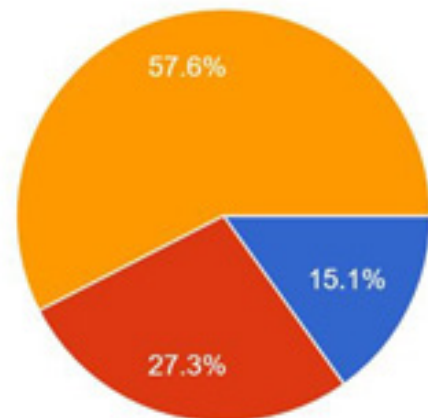
285 responses



- Not a Problem
- Minor Problem
- Major Problem

## Adult tobacco use including vaping and smokeless tobacco.

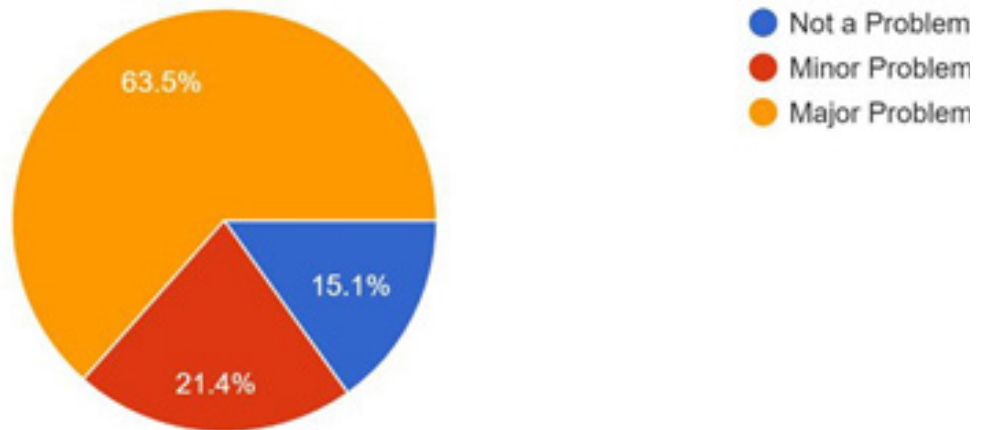
271 responses



- Not a Problem
- Minor Problem
- Major Problem

### Youth tobacco use including vaping and smokeless tobacco.

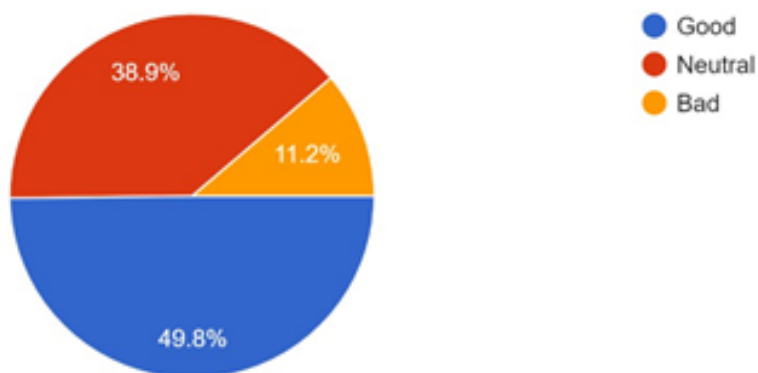
271 responses



In the second section of the survey, participants were given questions related to their satisfaction of the Monroe County Community, and asked to give a rating of “good”, “neutral”, or bad”.

### Overall, how would you rate the quality of life in Monroe County (safety, well-being, recreation, etc)?

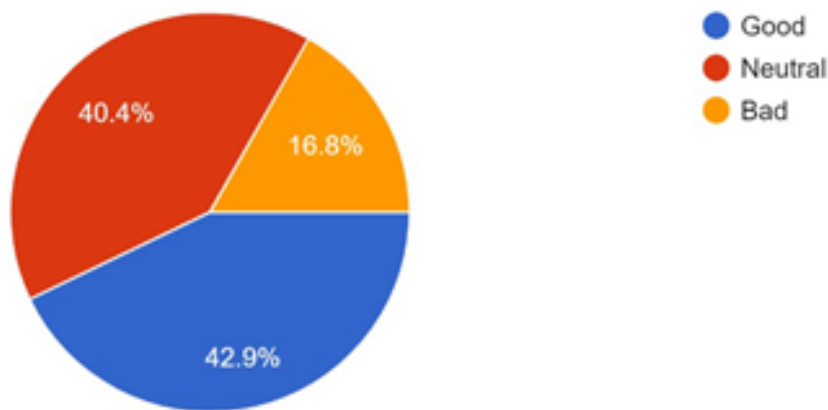
285 responses





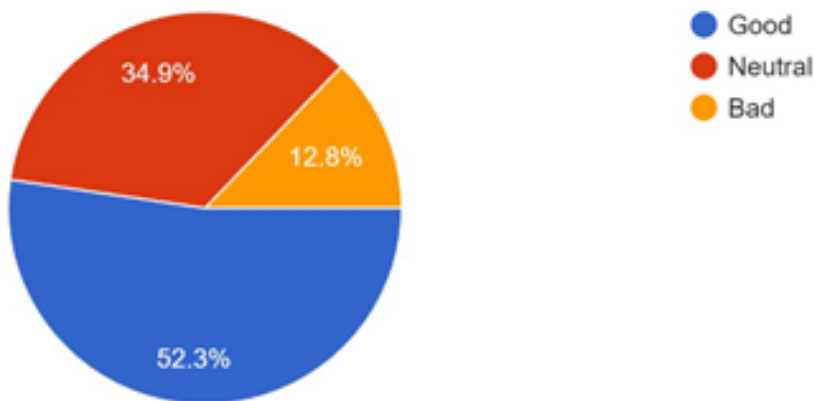
How would you rate Monroe County as a place to raise a family (consider schools, childcare, after-school programs, etc.)?

280 responses



How would you rate Monroe County as a place to grow old (elder-friendly, transportation, churches, etc.)?

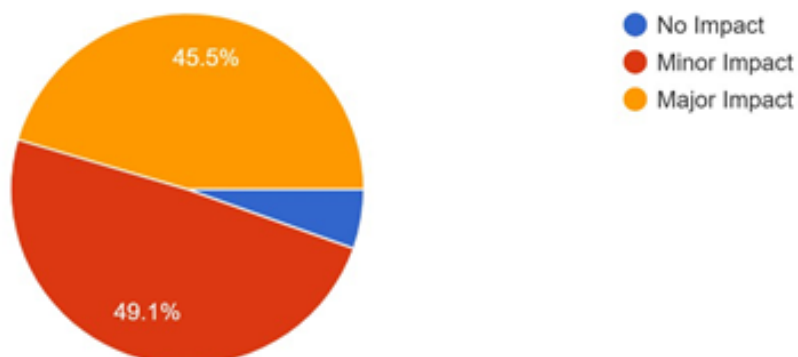
281 responses



In the third section of the survey, participants were asked to share their opinion of how the COVID-19 Pandemic had affected the Monroe County Community. Participants could select “no impact”, minor impact”, or “major impact”.

How much of an impact has the COVID-19 Pandemic had on your community?

275 responses



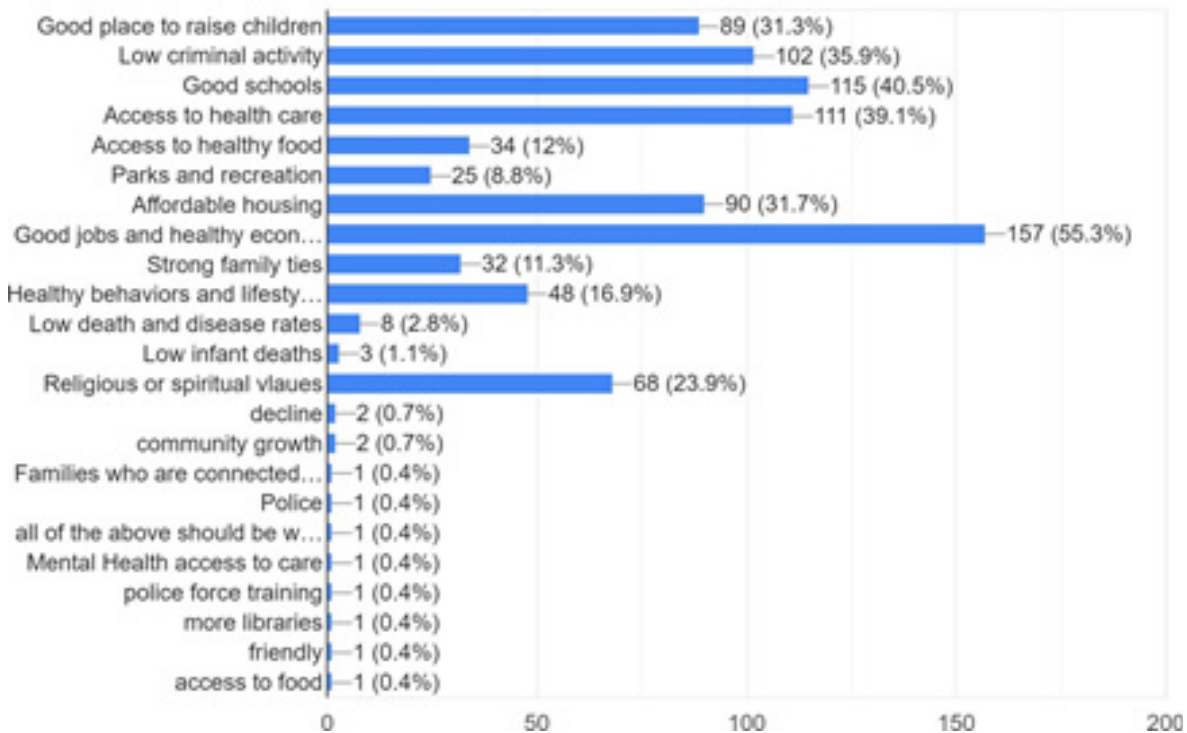
In the fourth section of the survey, participants were asked to rank health factors, health problems, and risk behaviors.

The top three most important factors for a healthy community were:

1. Good Jobs and Healthy Economy
2. Good Schools
3. Access to Healthcare

From the following list, what do you think are the three most important factors for a healthy community?

284 responses

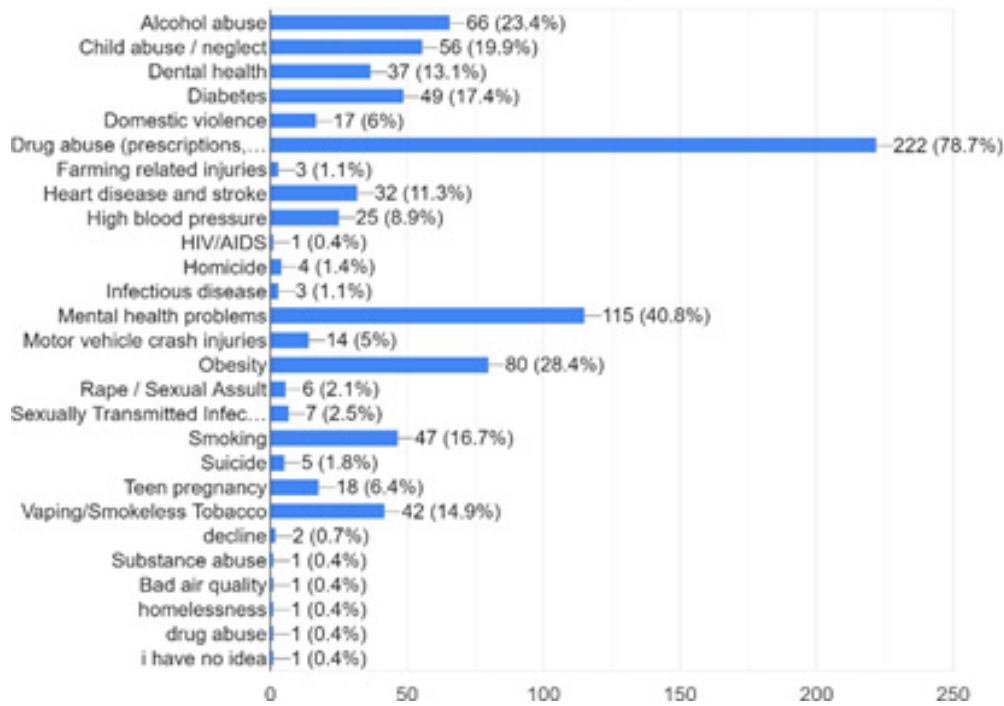


The top three most important health problems in Monroe County were:

1. Drug Abuse (Prescriptions, Meth, Fentanyl, Heroine, Marijuana, Opioids, etc.)
2. Mental Health Problems
3. Obesity

From the following list, what do you think are the three most important health problems in Monroe County?

282 responses

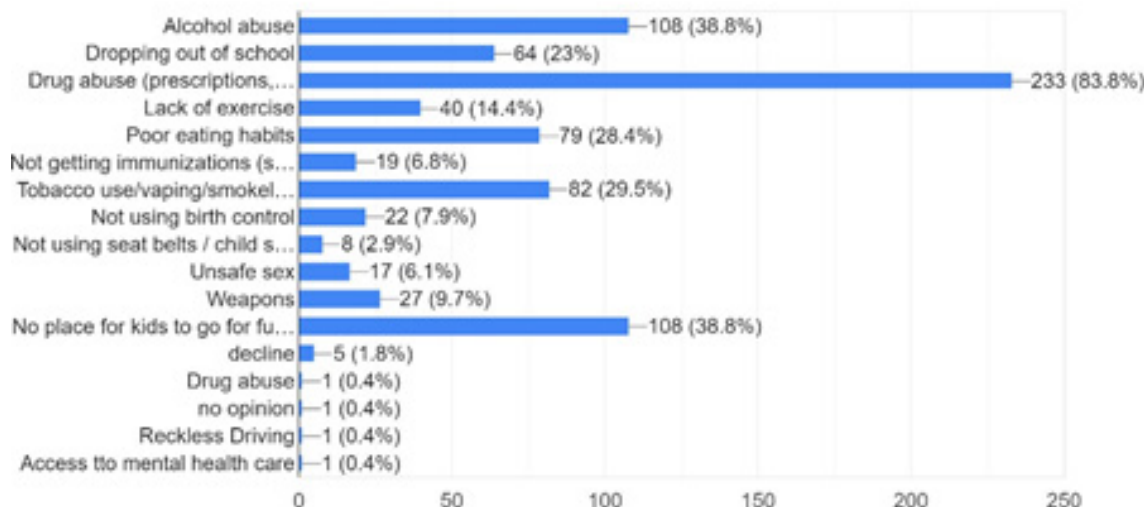


The three most important risk behaviors in Monroe County were:

1. Drug Abuse (Prescriptions, Meth, Fentanyl, Heroin, Marijuana, Opioids, etc.)
2. Alcohol Abuse
3. No place for kids to go to have fun
4. Tobacco Use/Vaping/Smokeless Tobacco

From the following list, what do you think are the three most important risk behaviors in our community? A risk behavior is a behavior that has the greatest impact on our overall community.

278 responses



In the fifth section of the survey, participants were asked questions related to their ability to access health care.

The top three responses:

1. 41.5% Health Care Center, (Chota)
2. 23.4% Private Physician Office (in-county)
3. 22% Private Physician Office (out of county)

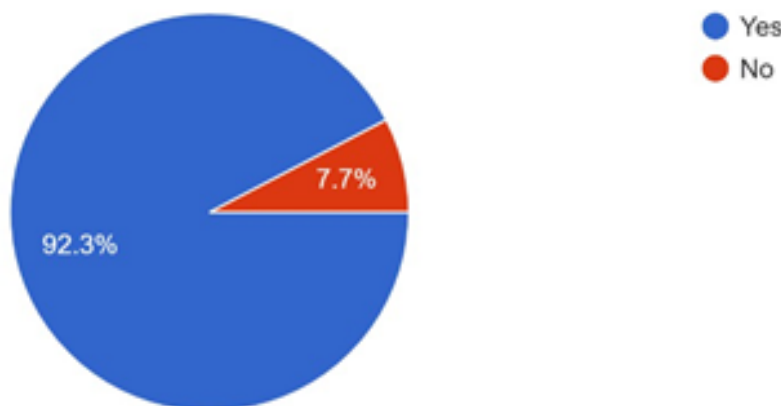
### Where do you go for routine health care?

282 responses



### Can you see a medical provider when you need to?

273 responses

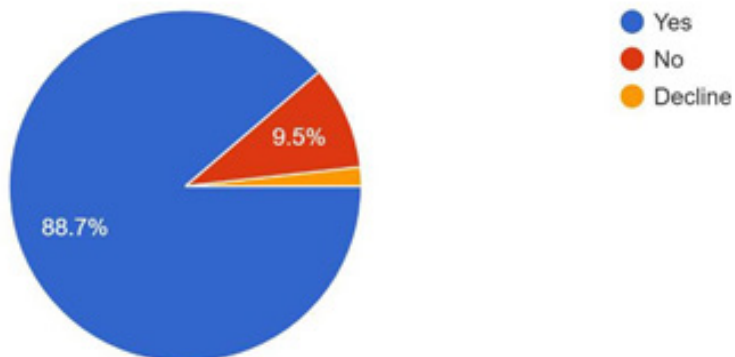


Participants who reported that they were not able to see a medical provider when needed were asked to indicate why. Seventeen people responded to this question. Eight reported that it was due to appointment availability. Three people reported that it was due to insurance. Two people reported it was related to telephone wait time. One person reported transportation, specifically that “buses are overcrowded COVID-19 too close to others.” One person reported being new to the area. Two people responded with decline/NA.

The sixth section of the survey was demographic collection.

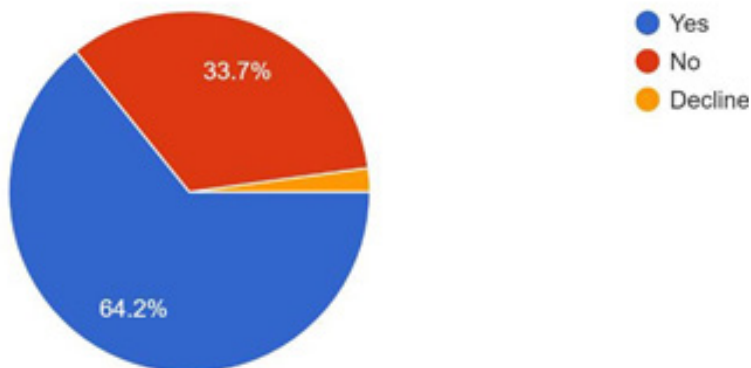
Does everyone in your house have health insurance?

284 responses



Does everyone in your house have dental insurance ?

282 responses



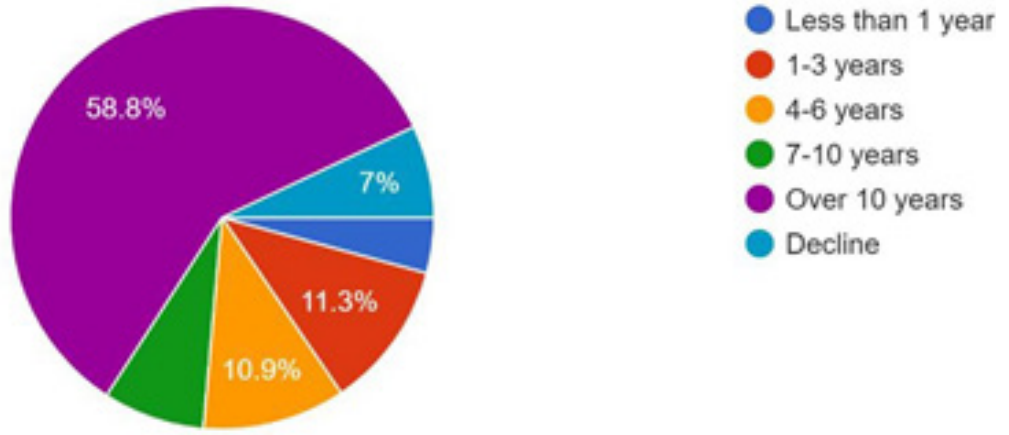
Please select where in Monroe County you live or work.

279 responses



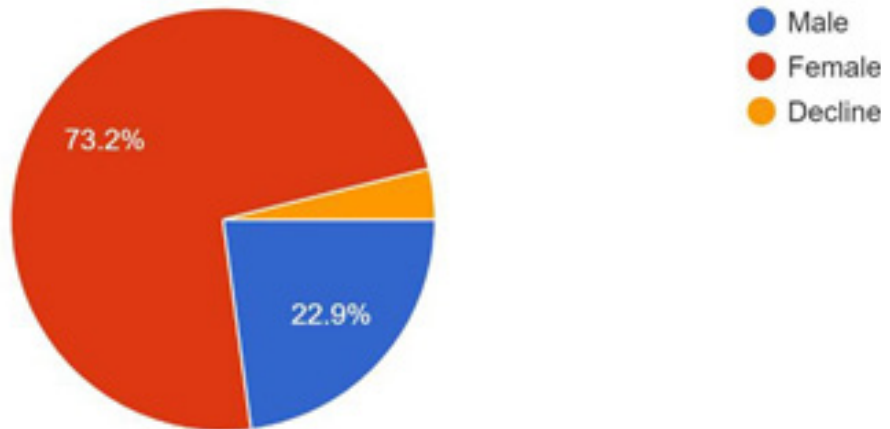
### How many years have you lived or worked in Monroe County?

284 responses



### What is your gender

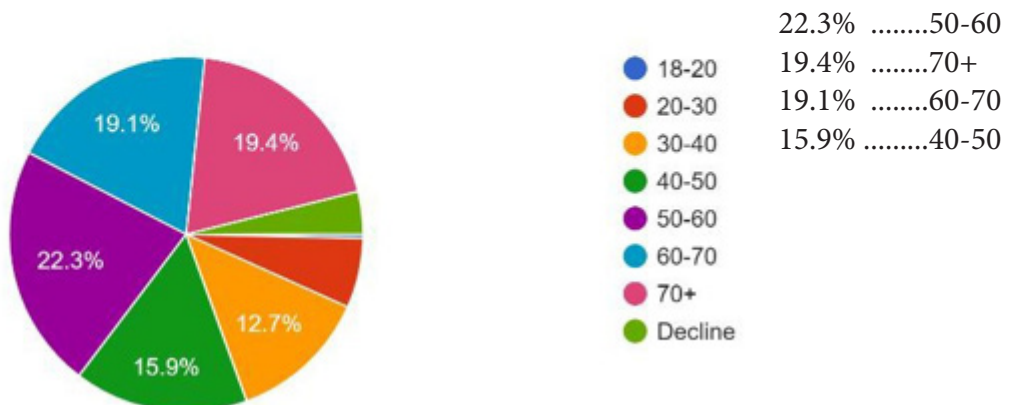
284 responses



\*The male population was underrepresented.

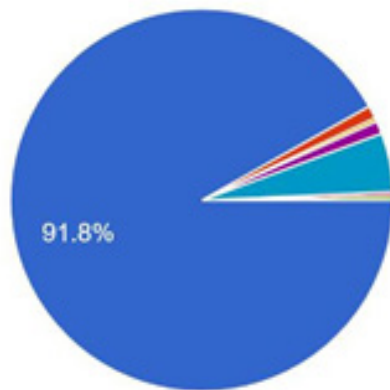
### How old are you

283 responses



### What is your race?

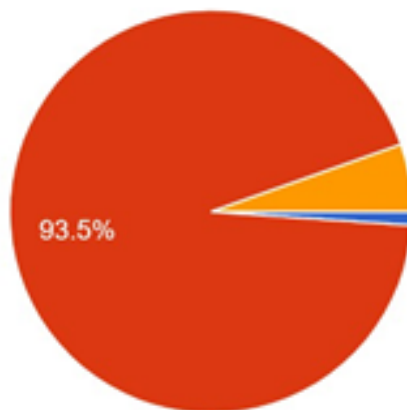
282 responses



- White
- Black or African American
- Asian
- Native Hawaiian or other Pacific Islander
- More than 1 Race
- Decline
- American Indian
- White but sometimes have black in me

### Are you Hispanic or Latino

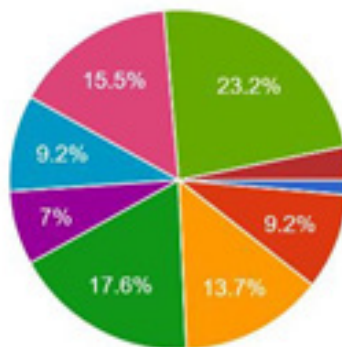
277 responses



- Yes
- No
- Decline

### What is your highest level of education?

284 responses



- Less than 9th grade
- 9-12th grade, no diploma
- High School Graduate or GED
- Some college, no degree
- Vocational or trade school
- Associate degree
- Bachelor degree
- Graduate or Professional degree
- Decline

23.2% Graduate or Professional Degree

15.5% Bachelor Degree

9.2% 9th-12th Grade, NO Diploma

3.2% Decline

17.6% Some College, No Degree

13.7% High School Graduate or GED

9.2% Associate Degree

1.4% Less than 9th Grade



# Executive Summary of 2024 Community Needs Assessment Findings

## **Indicator:**

**Substance Abuse** - (Illicit drugs, misuse of prescription drugs, alcohol and tobacco)

## **Root Causes:**

- Lifestyle Choices
- Social Acceptance
- Low socioeconomic status

## **Available Community Resources:**

- Monroe County Prevention & Wellness Coalition
- Permanent Medication Drop Box Program
- Youth Coalitions/SADD Clubs
- Project Connect-Teen Tobacco Cessation
- NAS Prevention Programming
- Alcoholics Anonymous

## **Community Needs:**

- Community Based Adult and Youth Education
- Crisis Services
- Recovery and Transitional Housing Resources
- Provider Education on Responsible Prescribing Practices

## **Strategies:**

- Smash the Stigma sponsor (Annually)
- Partnership with Madisonville Police Department for Needle Disposal Program (Ongoing)
- Major sponsor CASA Child Advocacy Program (Annually)
- Provide space for Alcoholics and Narcotics Anonymous meetings (Ongoing)
- Partnership with Monroe County Prevention & Wellness Coalition (Ongoing)
- Provide training for staff on available community resources in our area (Ongoing)

## **Indicator:**

### **Mental Health Crisis**

#### **Root Causes:**

- Low Socio- economic status
- Drug abuse
- Geographic location and transportation barriers to counseling services
- Cultural and language differences
- Traumatic childhood
- Lack of parenting
- Social acceptance of behavior
- Social stigma

#### **Available Community Resources:**

- Monroe County Health Department
- Appalachian Outreach Center
- Douglas Cherokee Resource Center
- ETHRA

#### **Community Needs:**

- Greater access to outpatient counseling
- Greater support from CPS and APS

#### **Strategies:**

- Education for SHA staff regarding resources for mental health needs
- SHA Emergency Department issuance of CON, acute care, and coordinator of crisis placement

## **Indicator:**

### **Obesity**

#### **Root Causes:**

- Lack of access to exercise opportunity
- Lack of education regarding healthy weight, lifestyle, and weight management
- Lack of access to healthy foods
- Poor diet and exercise habits
- Social acceptability
- Socioeconomic factors influencing lifestyle choices

## Available Community Resources:

- UT Extension Monroe County- Rebecca Layman
  - Eat Smart- Free
  - Dining with Diabetes- Free
  - Living with Chronic Conditions- Free
  - Take Charge of your Diabetes- Free
- Little's Drugs Sweet Spot- Free
  - One-on-one diabetic training on nutrition and diabetes management

## Community Needs:

- Increased access to exercise opportunities
- More educational resources on healthy lifestyle choices
- Community initiatives to promote physical activity and healthy eating

## Strategies:

- Health screening fairs (Ongoing)
- Support school-based education Offer general community education (Ongoing)
- Offer general community education (Ongoing)
- Sponsor Community exercise and fitness related events such as CASA 5K and Kiwanis 5K (Annually)
- Dietitian Sweetwater Hospital Association hosts Diabetes Education Classes for inpatient and outpatient- Free (Ongoing)
- Matter of Balance classes hosted at the SHA Physical Therapy Vonore location (Ongoing)
- Collaboration with Project Frontline for resources for our staff and patient (Ongoing)
- Appointed Community Outreach Coordinator (Spring 2024)

## Data Collection Methodology

The Community Health Needs Assessment was based on two specific data sources:

1. A review of existing data already available in the community, region and state.
2. Sweetwater Hospital Association collaborated with Chota to distribute a convenience survey of the following: a social media blast, distributed it in local grocery center parking lots, distributed it company-wide and to other local agencies and requested they pass it along, distributed locally, and the High Fives and School Supplies event. The survey was distributed via hard copy as well as a Google Doc Survey.

## Data Collection Tool:

No significant information gaps were identified.

### Review of Secondary Data

This report relies on data compiled from both primary and secondary sources. The secondary data was collected and reviewed by the SHA Board of Directors, department leaders, medical staff members, the SHA facebook page, the SHA Website, Monroe County residents and employees of Chota. Data was compiled from local, regional, state and national sources. These sources are documented in the report.

## References:

Census.gov: State and County Quick Facts, Monroe County, Tennessee

Centers for Disease Control and Prevention – Online Youth High School Youth Risk Behavior Survey Tennessee 2013

**Chota Community Health Services:** <https://static1.squarespace.com/static/54108f1ae4b06256da3b9f02/t/62695e9b-23d5e80ec1a5cb85/1651072670571/Community+Needs+Assessment+Report+2020+8.24.2020.pdf>

City-Data.com: Monroe County, Tennessee

County Health Rankings, and Roadmaps: A Healthier Nation, County by County, University of Wisconsin Population Health Institute, Robert Wood Johnson Foundation, Tennessee 2013 Rankings

Healthypeople.gov/2020

Sweetwaterhospital.org: About Sweetwater Hospital Association

Tennessee Department of Health, Division of Health Statistics – Behavioral Risk Factor Survey 2013

Tennessee Department of Health, Division of Health Statistics – Population Projections 2010- 2030

Tennessee Department of Health, Division of Health Statistics – Sexually Transmitted Disease Statistics 2014

Tennessee Department of Health, Division of Health Statistics – Tennessee Adolescent Pregnancy Summary 2013

Tennessee Department of Health, Division of Health Statistics – The Health of Tennessee’s Men 2013

Tennessee Department of Health, Division of Health Statistics – The Health of Tennessee’s Women 2013

Tennessee Department of Health, Vanderbilt Institute for Medicine and Public Health – Women’s Health Research- Tennessee Women’s Health Report Card 2013

Tennessee Department of Mental Health and Substance Abuse Services: Behavioral Health Indicators for Tennessee and the United States 2014 Data Book

Tennessee.hometownlocator.com/tn/Monroe/: Monroe County, Tn Data and Demographics (as of July 1, 2014)

U. S. Census Bureau Demographic and Socioeconomic Data for Monroe County 2010



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- Caitlin Kile, DNP, F.N.P.-C

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- Dawn Frerichs, F.N.P.
- Jacob Gallaher, P.A.-C
- Kellie Gallaher, F.N.P.
- Thomas Vance, F.N.P.

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