

Community Health Needs Assessment Implementation Plan 2023

March 2023

Introduction

Purpose Statement

The purpose of the community health needs assessment (CHNA) is to identify the most pressing health needs of the area services by Mount Graham Regional Medical Center (MGRMC). This CHNA report meets the requirements of the Patient Protection and Affordable Care Act that not-for-profit hospitals conduct a community health needs assessment at least once every three years. This is the fourth CHNA Implementation plan prepared by MGRMC.

This CHNA report was adopted by the MGRMC Board of Directors on March 14, 2023.

This report is widely available to the public on the hospital's website www.mtgraham.org and a paper copy is available for inspection upon request by emailing tastrain@mtgraham.org.

Written comments on this report can be submitted by email to tastrain@mtgraham.org

About Mount Graham Regional Medical Center

Mount Graham Regional Medical Center is a 25 bed licensed hospital located in Safford, Arizona, in Graham County. MGRMC is a community owned hospital that opened in 1973.

MGRMC is continually striving to offer the highest quality healthcare through a wide range of services that include: Primary Care & Family Medicine, Surgery (General, Orthopedic, OB/GYN, Gastroenterology, Podiatry, and Specialty), full imaging services, Emergency, Maternity, Intensive Care, Laboratory, Sleep, Oncology/Chemotherapy, Respiratory, Physical Therapy, Speech/Occupational Therapy, Diabetes Education/Nutrition Counseling.

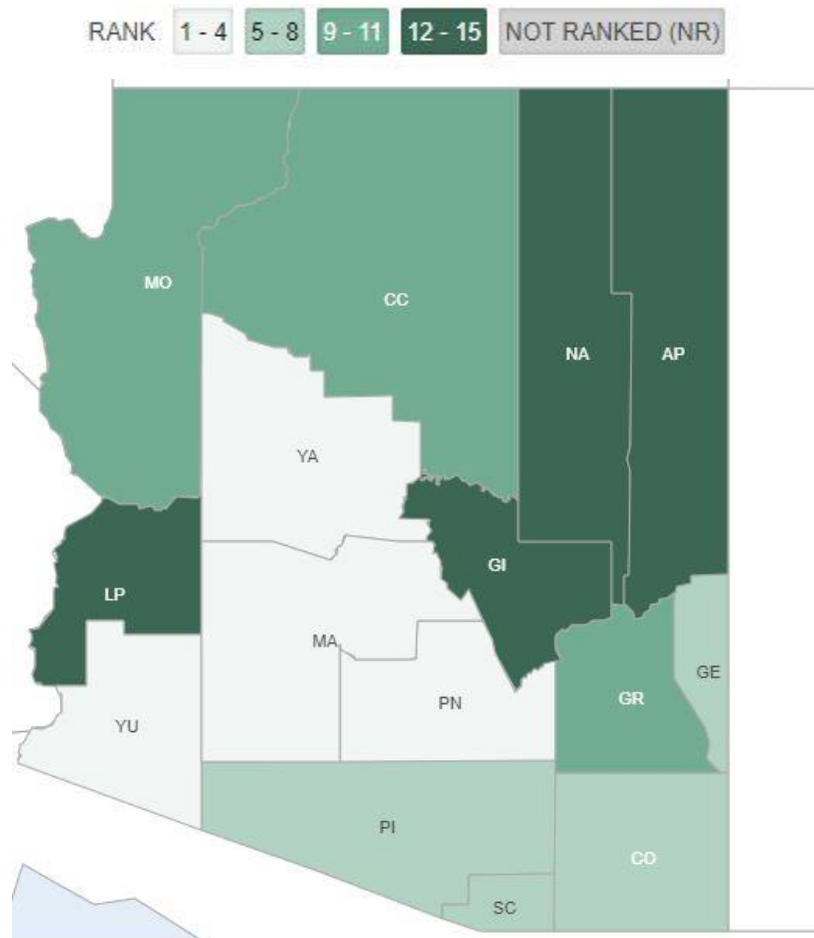
MGRMC's service areas of focus include Graham and Greenlee Counties. MGRMC has a staff of over 500 employees with over 340 individuals working full-time. Annually, MGRMC provides care to approximately 4,229 inpatient stays, over 20,490 Emergency Department visits, and averages over 600 births per year.

Community Profile

MGRMC is in Safford, Arizona, an agricultural and mining community located in Graham County in the southeastern corner of Arizona. According to the American Community Survey (ACS), the total population of Graham and Greenlee Counties is estimated to be 48,454.

Among those living in MGRMC's Primary Service Area, approximately 56% are Caucasian, 39% are Hispanic, and smaller percentages are African American, Asian/Pacific Islander, Native American and other racial decent (ACS).

According to the County Health Rankings and Roadmaps, Graham County ranks 11th out of 15 counties in Arizona for health outcomes, with 15 being the unhealthiest. Greenlee County ranks 7th out of 15. In the map below, the rankings of each county's health outcomes are represented by contrasting colors. The lighter the color, the healthier outcomes for that county. There is an opportunity for healthier outcomes among the citizenry in both Graham and Greenlee Counties.



Summary of Findings

As part of the process for evaluating community needs, A CHNA Advisory Committee was formed. This committee, which was commissioned to help guide the CHNA process, was comprised of vital members of our community from different personal and professional backgrounds. These community members were chosen because they represent our community. The CHNA Advisory Committee members included:

- Dr. Brad Montierth- Copper Mountain Clinic Medical Director
- Matt Bolinger- Public Health Official
- Dustin Welker- Graham County Manager
- Sean Wenhem- Freeport McMoRan Representative
- Tyson Richins- MGRMC Foundation President
- Liz Hinton- MGRMC Auxiliary President
- John Rajtie- Retiree/Arcadia Chapter of The Order of the Eastern Star
- Monika Ragland- Retiree
- Jenny Howard- Business Owner
- Eric Bejarano- Chamber of Commerce/EAC Small Business Development Center
- Beto Carrillo- EAC Student Council
- Brian Douglas- Graham County Health Department Director
- Rosa Conteras- Graham County Health Department Program Coordinator
- Roland Knox- MGRMC CEO
- Lori Ray- MGRMC CNO
- Eric Neal- MGRMC COO
- Kathleen Williams- MGRMC CFO
- Tia Astrain- MGRMC Marketing Representative

Process and Methods Used to Conduct the CHNA

The CHNA survey conducted by MGRMC had 2,900 respondents. Based on the findings of this survey, a summary of findings was comprised for review by the CHNA Advisory Committee and MGRMC's leadership team. The advisory committee then identified the following significant healthcare needs and recommend they be addressed in the implementation plan finalized and approved by the MGRMC administrative team and the MGRMC Board of Directors. As a result of our 3/1/23 meeting, our CHNA Advisory Committee has identified three areas of focus. The advisory committee has found that all three areas are interconnected, and often correlate to other needs found in the CHNA survey. The areas are as follows:

1. Improve services for diabetes
2. Improve services for mental health
3. Improve services for nutrition, obesity, and weight management

Implementation Plan

Improving Services for Diabetes

MGRMC has employed a registered clinical dietician on a full-time basis to oversee nutrition and diabetes services. Services include individual nutrition counseling, diabetes education, and support group meetings. Going forward, MGRMC will be identifying potential partners, including the Graham and Greenlee Health Departments, to help in

our efforts to increase our services for diabetes. We will be engaging our registered clinical dietician to work with community partners to foster diabetes services for our area.

Improving Services for Mental Health

In 2022, MGRMC brought on a Psychiatric Mental Health Nurse Practitioner (PMHNP-BC) to Copper Mountain Clinic, the hospital's rural health and family medicine clinic. The PMHNP-BC can both diagnose and prescribe mental health medications. In the future, MGRMC plans to expand Copper Mountain Clinic and is looking at bringing on another behavioral health provider that can treat mental health diagnoses. MGRMC will identify community partners that are already providing services for mental health issues, and is looking to solidify these partnerships to provide mental health services.

Improving Services for Nutrition, Obesity, and Weight Management

The hospital's Copper Mountain Clinic, a federally designated rural health clinic, provides access to primary care services to include wellness visits, immunizations, illness care, health education, etc. Our registered clinical dietician is also available by appointment to create and implement nutrition plans for individuals and their families. Going forward, MGRMC will be expanding Copper Mountain Clinic to serve more of our community members. MGRMC will be identifying and working with community partners in Graham and Greenlee counties to help us identify services we can provide that are not already provided in the area.

Community Contact Information

Community members who would like to provide input on the next CHNA process, would like to comment on the needs identified or would like to review detailed community health statistics and data gathered and reviewed by the committee, are encouraged to contact MGRMC their inquiries, suggestions, or comments.

CHNA Contact for MGRMC:

Tia Astrain

Marketing Representative

928-348-3749

tastrain@mtgraham.org

Community Health Needs Assessment

1 page Implementation Plan Summary

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Implementation Plan

The identified areas of focus from the survey all need additional clarification as to the needs of the community and what services may already exist.

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