



# Tri-County Health Network Action Plan 2017-2019

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## Introduction

The Tri-County Health Network (TCHN) continued its community action planning efforts by conducting a Community Health Needs Assessment (CHNA) process in early 2016 with results widely distributed in January 2017. Through this process the partners involved gained an understanding of community facts and perceptions about health and quality of life from a variety of stakeholders including those with lived experience with regards to the burden of various priority health conditions.

Organizationally, TCHN has been designated with a 501(c) 3 nonprofit status by the Internal Revenue Service, has established a Board of Directors representing a wide diversity of community sectors and stakeholders, and adopted the following mission and vision statements.



**Vision:** Through collaborative partnerships we educate our community, maximize resources, improve access and create environments to improve health and promote healthy lifestyles.

**Mission:** Improving the health of the tri-county area.

TCHN adopted the following long-term goals:

- Decrease complications that result from diabetes and high blood pressure.
- Increase the percentage of adults and children participating in physical activity.
- Increase the percentage of adults and children who eat fruits and vegetables daily.
- Decrease the rate of obesity.
- Sustain a community-wide partnership that focuses on access to care and improving health outcomes.

During the **Community Health Needs Assessment** the following overall issues were identified:

2013	2016
<ul style="list-style-type: none"><li>• Access to Healthcare</li><li>• Obesity</li><li>• Diabetes</li><li>• Hypertension</li></ul>	<ul style="list-style-type: none"><li>• Access to Healthcare</li><li>• Diabetes</li><li>• Obesity</li><li>• Hypertension</li></ul>

As noted these issues have remained consistent for the community and reinforce our need to continue the work of the Tri-County Health Network to improve health status and access to care.

**Additional 2016 key issues identified by the community include:**

- Good Jobs/Access to Healthy Foods/No Health Insurance

## Methodology

The Tri-County Health Network utilized its board members comprised of local public health experts to oversee the community assessment and health improvement process. The process of gathering data and information incorporated both qualitative and quantitative methods. Secondary research was conducted by supporting agencies such as SCDHEC, County Health Rankings, America's Health Rankings and Community Commons. The primary data collection was conducted by collecting information from the Regional Medical Center staff and patients, focus groups, interviews with community stakeholders and community health surveys distributed to Bamberg, Calhoun and Orangeburg counties. These efforts took place over the past several months and were conducted simultaneously in order to maximize efficiencies.

Community Health Needs  
Assessment Report

Identification of Priorities

Work Group Action Items



Currently, there are three committees dedicated to accomplishing these goals:

- Health Ministry
- Chronic Disease
- Healthy Eating/Active Living/Obesity

The success of these committees has been, in large part, due to the involvement of members of the Orangeburg, Bamberg and Calhoun county communities.

These committees are currently working on various projects and actively recruiting members of the community to become engaged in improving the health of their local neighborhoods and towns.

## Timeline

The CHNA Report was completed December 2016. The Executive Committee and key partners met to finalize key actions in early 2017. Work will begin in spring 2017 and continue to October 2019. Some action items are already underway while others will not be implemented until a later date as appropriate. Objectives and workgroup initiatives will be captured throughout this process and a final report generated in 2019.

**Access to Healthcare:**

- **Bamberg:** The majority of citizens surveyed stated that **no insurance (82%)** was the number one reason for not seeking health care followed by no transportation (43%) and fear (39%).
- **Calhoun:** The majority of citizens surveyed stated that **no insurance (72%)** was the number one reason for not seeking health care followed by no family doctor (52%) and fear (39%).
- **Orangeburg:** The majority of citizens surveyed stated that **no insurance (82%)** was the number one reason for not seeking health care followed by no family doctor (49%) and fear (40%).

Since South Carolina did not expand Medicaid, the Tri-County Health Network considers improving access critical for the health of our local citizens. Access to Healthcare is a huge issue and will require long-term investment and multiple strategies from the Regional Medical Center, Family Health Centers, Inc. and other healthcare providers to make successful changes and systems integration work.

**Chronic Conditions: Diabetes / Hypertension / Obesity**

As noted in the chart below our three counties are consistently higher than the state for adults with diabetes, high blood pressure and a BMI > 30.0.

	<i>Bamberg</i>	<i>Calhoun</i>	<i>Orangeburg</i>	<i>State</i>
<b>Adult Diabetes (Age Adjusted Rate)</b>	14%	17%	11%	11%
<b>Percent of Adults with High Blood Pressure</b>	44.8%	39.1%	34.3%	31.6%
<b>Percent Adults with BMI &gt; 30.0</b>	41.7%	36.3%	41%	31.5%

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Additional data analysis by [CARES](#). 2006-12. Source geography: County

Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2012. Source geography: County

According to Healthy People 2020, access to comprehensive, quality health care services is important for promoting and maintaining health, preventing and managing disease, reducing unnecessary disability and premature death, and achieving health equity for all Americans. This topic area focuses on 3 components of access to care: insurance coverage, health services, and timeliness of care. When considering access to health care, it is important to also include oral health care and obtaining necessary prescription drugs.

**Access to Healthcare**

**Year 1 (2017)**

**AIM:** Improving access to health care services and coverage.

	<b>Strategies / Actions</b>	<b>Anticipated Impact</b>	<b>Partners</b>	<b>Funding Needs</b>	<b>Evaluation</b>
<b>Objective 1:</b> Educate the community and providers about healthcare options.	<p>1.1 Increase education about types of insurance Medicaid, Medicare, ACA and other options for providers, organizations and citizens</p> <p>Research existing materials / resources to use and /or develop a handout outlining key types of types of insurance /coverage plans.</p> <p>Identify key state-level organizations that can serve as a resource- example SC Thrive.</p>	Reach at least 5 providers /organizations to enhance their understanding of available healthcare options in the Tri-County area.	RMC, FHC, DHEC, Private Providers, Free-Medical Clinic etc.	NA	<p>Number of providers / organizations reached</p> <p>Number of citizens reached through providers.</p>

Improving access to health care services depends in part on ensuring that people have a usual and ongoing source of care (that is, a provider or facility where one regularly receives care). People with a usual source of care have better health outcomes, fewer disparities, and lower costs.

\*\*Improving health care services includes increasing access to and use of evidence-based preventive services improves outcomes.

Source: <https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services>

Year 2 (2018)					
AIM: Improving access to health care services and coverage.					
	Strategies / Actions	Anticipated Impact	Partners	Funding Needs	Evaluation
<b>Objective 1:</b> Educate the community and providers about healthcare options.	Increase education about types of insurance Medicaid, Medicare, ACA and other options.	Enhanced understanding of available healthcare options in the Tri-County area.	RMC, FHC, DHEC, Private Providers, Free-Medical Clinic etc.	NA	1. Number of people reached. 2. Educational sessions and feedback from participants.

Year 3 (2019)					
AIM: Improving access to health care services and coverage.					
	Strategies / Actions	Anticipated Impact	Partners	Funding Needs	Evaluation
<b>Objective 1:</b> Educate the community and providers about healthcare options.	Increase education about types of insurance Medicaid, Medicare, ACA and other options.	Enhanced understanding of available healthcare options in the Tri-County area.	RMC, FHC, DHEC, Private Providers, Free-Medical Clinic etc.	NA	1. Number of people reached. 2. Educational sessions and feedback from participants.

**Specific issues that should be monitored over the next decade include:**

- Increasing and measuring insurance coverage and access to the entire care continuum (from clinical preventive services to oral health care to long-term and palliative care)
- Addressing disparities that affect access to health care (e.g., race, ethnicity, socioeconomic status, age, sex, disability status, sexual orientation, gender identity, and residential location)
- Assessing the capacity of the health care system to provide services for newly insured individuals
- Determining changes in health care workforce needs as new models for the delivery of primary care become more prevalent, such as the patient-centered medical home and team-based care
- Monitoring the increasing use of telehealth as an emerging method of delivering health care

**Overweight / Obesity / Healthy Eating / Active Living**

**Year 1:**

**AIM:** Promote Healthy Eating and Active Living to reduce obesity and engage citizens in healthy habits.

<b>Objectives</b>	<b>Strategies/Actions</b>	<b>Anticipated Impact</b>	<b>Partners</b>	<b>Funding Needs</b>	<b>Evaluation</b>
<b>Objective 1: Plant 5 School &amp; Community Gardens in the Tri-county area.</b>	Identify Schools/Champion Purchase Materials Evaluate Garden	Provide healthy eating education and a food source for school aged children	Orangeburg County School District 3, 4 and 5	\$5000	1. Assess # of kids that receive produce 2. # of crops harvested 3. Weight of the harvest 4. # of schoolkids and faculty/school officials participating 5. Measure participants' enthusiasm, likelihood to participate again/encourage others
<b>Objective 2: Conduct a Community Walk-a-thon/Health Festival</b>	Identify date and time; Invite schools; Develop information tables or stations where you get a sticker or token to say you visited that table; Invite vendors; Set up water/nutrition station	Introduce new RMC trail to school aged kids and community; Encourage healthy living and active lifestyle/exercise; Increase knowledge of benefits of active/healthy lifestyle	School districts; volunteers ( incl. HYPE teams local college and OCTech students); BCBS Medicaid (as a contributor/supporter); YMCA; local contributors/supporters including Wal-Mart to donate 3 FitBits, etc. and , McDonald's for water and apple slices, Grocery store for water donations	\$800	1. # of participants 2. # of volunteers 3. short 3 question survey regarding event
<b>Objective 3: Explore participation in FoodShare SC</b>	Identify staff Organize local interest meetings Develop relationships with potential stakeholders	Provide access to fresh affordable produce in the tri-county area	FoodShare SC Palmetto Health –USC Medical Group Local Farmers	\$12,480 (funding by grant)	1. # of total boxes sold 2. # of boxes sold using SNAP 3. # of local farmers involved in providing produce and profit/ benefit from program

Year 2					
Objectives	Strategies/Actions	Anticipated Impact	Partners	Funding Needs	Evaluation
<b>Objective 1: Add 3 organic gardens to existing 5</b>	Identify Schools/Champion Purchase Materials Evaluate Garden	Provide healthy eating education and a food source for school aged children	Orangeburg County School District 3, 4 and 5	\$3000	1. Assess # of kids that receive produce 2. # of crops harvested 3. Weight of the harvest 4. # of schoolkids and faculty/school officials participating 5. Measure participants' enthusiasm, likelihood to participate again/encourage others
<b>Objective 2: Implement parts of Walking/Biking plan for City of Orangeburg</b>	Meet with City officials Identify projects for committee to execute "for example host a bike rodeo or build a bicycle barn"	Making the City of Orangeburg more walk- and bike-friendly	City of Orangeburg Partners for Active Living in Spartanburg Area Bike Shop Edisto Gardens Bike Safety educator	\$2000	Assess # of people who are renting bikes (for example at a bike rodeo) NOTE: EVAL. WILL DEPEND ON WHAT PROJECT IS CHOSEN
<b>Objective 3: Capacity Building for School Wellness and Healthier Vending</b>	Meet with officials from all 3 school districts Identify areas where there can be growth	Provide healthier food/snack choices; Remove unhealthy options	Orangeburg County School Districts 3, 4 and 5 Vendors	N/A	1. # that agree to participate 2. willingness of vendors and schools to change 3. financial impact

Year 3					
Objectives	Strategies /Actions	Anticipated Impact	Partners	Funding Needs	Evaluation
<b>Objective 1: Continue School Wellness Policy Updates and Changes</b>	Meet with officials from all 3 school districts Identify areas of where there can be growth	Provide healthier food/snack choices; Remove unhealthy options	Orangeburg County School Districts 3, 4 and 5 Vendors	N/A	1. # that agree to participate 2. willingness of vendors and schools to change 3. financial impact
<b>Objective 2: Healthy Living Forums throughout Community</b>	Organize events pertaining to Healthy Eating, Active Living throughout community specifically hosting the 90 minute "Fed Up" video and guest speakers presentation in Bamberg, Calhoun, and Orangeburg Counties	Education for the public	Churches, Schools, other Community Organizations	\$3500 per "Fed Up" event	1. post-event survey 2. # of attendees
<b>Objective 3: Expand FoodShare SC</b>	Expand program to include more stakeholders and more citizens purchasing boxes	Provide access to fresh affordable produce in the tri-county area	FoodShare SC Palmetto Health –USC Medical Group Local Farmers	\$12,480 (funding by grant)	measure growth including # of food boxes sold, # of farmers involved and their profit, customer satisfaction survey

## Diabetes and High Blood Pressure

**AIM:** Decrease complications that result from diabetes and high blood pressure.

**Objective 1:** By December 30, 2019, increase the preventive behaviors in persons at risk for diabetes; and increase the proportion of persons receiving formal diabetes screenings and education.

**Measure:** Number of adults attending forum, screened and/or educated.

Year 1					
Objectives	Strategies /Actions	Anticipated Impact	Collaborating Partners	Funding Needs	Evaluation
<b>Objective 1:</b> Help community to understand, measure, and track blood sugar.	Train regarding measurement techniques: time of day; life factors; diet; etc.	Improved blood sugar monitoring among attendees.	Churches, community centers, civic organizations, pharmacies; etc.	Copies, snacks, and associated materials for training = \$200	Collect pre- and post-data on monitoring from participants in training sessions.
<b>Objective 2:</b> Provide community members glucometers and strips for monitoring.	Purchase 25 glucometers and strips for participants.	Attendees will have the materials needed to monitor blood sugar.	Same	25 glucometers = \$476.75 25 50-ct strips = \$500	Collect pre- and post- data on availability and use of materials for attendees.
<b>Objective 3:</b> Expand forum geographic outreach.	Analyze distribution of past forums and identify the areas of greatest need.	More tri-county residents will have access to forums.	Churches, community centers, civic organizations, pharmacies; etc.	None	None
<b>Objective 4:</b> Expand format and enhance content of forums.	Forums will be more hands-on in nature and focus on behaviors related to diet and activity and their relationship to health.	Participants will be more engaged in the forums and will leave with greater understanding of what actions might improve health.	Community members such as dieticians; health educators; exercise professionals; etc.	\$1,000 for health education materials, such as portion plates and exercise bands for participants to take with them.	Surveys of participants' reactions will be collected at the end of each forum and analyzed to guide planning for subsequent sessions.

Year 2					
<b>Objective 1:</b> Continue to help community to understand, measure, and track blood sugar.	Continue to train regarding measurement techniques: time of day; life factors; diet; etc.	Improved blood sugar monitoring among attendees.	Churches, community centers, civic organizations, pharmacies; etc.	Copies, snacks, and associated materials for training = \$200	Collect pre- and post-data on monitoring from participants in training sessions.
<b>Objective 2:</b> Continue to provide community members glucometers and strips for monitoring.	Purchase 25 glucometers and strips for participants.	Attendees will have the materials needed to monitor blood sugar.	Same	25 glucometers = \$476.75 25 50-ct strips = \$500	Collect pre- and post- data on availability and use of materials for attendees.
<b>Objective 3:</b> Establish an evaluation protocol to determine the effectiveness of the sessions on blood sugar levels.	Research possible effective evaluation protocols.	Evaluation techniques will be identified which will provide information on the actual impact of the sessions on attendees.	Health educators and researchers with state, federal and nonprofit agencies.	None	The evaluation protocol will be put into practice.
<b>Objective 4:</b> Offer a minimum of 4 forums in geographic areas within the 3 counties which have not yet been visited.	Forums will be offered.	More tri-county residents will have access to forums.	Churches, community centers, civic organizations, pharmacies; etc.	\$250 per forum x 4 = \$1,000	Surveys of participants' reactions will be collected at the end of each forum and analyzed to guide planning for subsequent sessions.
<b>Objective 5:</b> Continue to expand format and enhance content of forums.	Forums will be more hands-on in nature and focus on behaviors related to diet and activity and their relationship to health.	Participants will be more engaged in the forums and will leave with greater understanding of what actions might improve health.	Community members such as dieticians; health educators; exercise professionals; etc.	\$1,000 for health education materials, such as portion plates and exercise bands for participants to take with them.	Surveys of participants' reactions will be collected at the end of each forum and analyzed to guide planning for subsequent sessions.

Year 3					
<b>Objective 1:</b> Continue to help community to understand, measure, and track blood sugar.	Continue to train regarding measurement techniques: time of day; life factors; diet; etc.	Improved blood sugar monitoring among attendees.	Churches, community centers, civic organizations, pharmacies; etc.	Copies, snacks, and associated materials for training = \$200	Collect pre- and post-data on monitoring from participants in training sessions.
<b>Objective 2:</b> Continue to provide community members glucometers and strips for monitoring.	Purchase 25 glucometers and strips for participants.	Attendees will have the materials needed to monitor blood sugar.	Same	25 glucometers = \$476.75 25 50-ct strips = \$500	Collect pre- and post- data on availability and use of materials for attendees.
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**Health Ministries**

<b>Year 1</b>					
	<b>Actions</b>	<b>Anticipated Impact</b>	<b>Collaborating Partners</b>	<b>Funding Needs</b>	<b>Evaluation</b>
<b>Objective 1:</b> Promote the development of Health Ministries at area churches	Conduct 4 Faithful Families Training Seminars Healthy Eating, Active Living and Chronic Disease Prevention.  <a href="http://www.faithfulfamiliesesmm.org/">www.faithfulfamiliesesmm.org/</a>	Start or enhance a health ministry -each church implementing some type of health program	TCHN Partners Medical Ministries /Church Nurses Area Churches Grove Park Pharmacy	Medical Supplies Food costs Cookbooks Dash Diet	# of Nutrition/PA session participants # of faith communities adopting/# targeted # member health assessments, # lay leaders recruited and trained # entry/exit forms completed # and typed of P&E changes enacted
<b>Objective 2:</b> Status Report of churches that participated in previous seminars	Pre/post-testing for at least 4 churches regarding health perceptions and adoption of healthy habits as related to Faithful Families training provided.	Identify successes and opportunities for improvement	Area Churches that previously attended seminar	-Mailing costs -Printing Costs	Number of churches participating Number of responses to survey
<b>Objective 3:</b> Promote healthy catering/menus at church sponsored events	Develop healthy menu and recipe options	Implement healthy menu policy -healthier eating	All TCHN participating organizations		Number of churches that adopt policy Number of churches that implement changes to menu

Year 2					
Objectives	Actions	Anticipated Impact	Collaborating Partners	Funding Needs	Evaluation
<b>Objective 1:</b> Promote the development of Health Ministries at churches in the Tri-County area.	Conduct 4 Faithful Families Training Seminars Healthy Eating, Active Living and Chronic Disease Prevention.	Each church implementing at least 1 health ministry program	TCHN Partners Churches Medical Providers Grove Park Pharmacy	Medical Supplies Educational Materials Food for cooking demonstrations and learning activities Printing and mailing of promotion flyers \$4,210.00	# of Nutrition/PA session participants # of faith communities adopting/# targeted # member health assessments, # lay leaders recruited and trained # entry/exit forms completed # and typed of P&E changes enacted
<b>Objective 2:</b> Status Report of churches that participated in seminars and what type seminar was conducted.	Pre/post-testing at least 4 churches regarding health perceptions and adoption of healthy habits as related to Faithful Families training provided.	Identify lessons learned and share with other committees and apply to future implementation efforts	Mentor churches that attended previous trainings TCHN Partners Local Community-based Organizations promoting health.		Number of survey responses
<b>Objective 3:</b> Collaborate with Eat Smart Move More and utilize their strategies guide to improve intervention success.	Maintain an ongoing relationship with ESMM to utilize TA and guidance with at least quarterly progress check-in meetings.	Recruit youth participation and promote implementation of at least 1 HYPE Team and participation in the Youth Summit.	TCHN Partners Youth Churches	HYPE Materials	Number of participants ESMM Youth Summit
<b>Objective 4:</b> Collaborate with local colleges to offer cooking classes targeting youth – utilize Cooking Matters, classes offered by Clemson Extension and 1890 Extension.	Coordinate with local dietitians / nutritionist to schedule classes	Utilize Cooking Matters, classes offered by Clemson Extension and 1890 Extension.	TCHN Partners Churches	Educational Materials Food for cooking demonstrations and learning activities Printing and mailing of promotion flyers	Number of attendees of cooking classes

Year 3					
Goals	Actions	Anticipated Impact	Collaborating Partners	Funding Needs	Evaluation
<b>Objective 1:</b> Promote the development of Health Ministries at churches in the Tri-County area.	Conduct 4 Faithful Families Training Seminars Healthy Eating, Active Living and Chronic Disease Prevention.	Each church implementing at least 1 health ministry program	TCHN Partners Churches Medical Providers Grove Park Pharmacy	Medical Supplies Educational Materials Food for cooking demonstrations and learning activities Printing and mailing of promotion flyers \$5,100.00	# of Nutrition/PA session participants # of faith communities adopting/# targeted # member health assessments, # lay leaders recruited and trained # entry/exit forms completed # and typed of P&E changes enacted
<b>Objective 2:</b> Status Report of churches that participated in seminars and what type seminar was conducted.	Pre/post-testing at least 4 churches regarding health perceptions and adoption of healthy habits as related to the Faithful Families training provided.	Identify lessons learned and share with other committees and apply to future implementation efforts	Mentor churches that attended previous trainings TCHN Partners Local Community-based Organizations promoting health.		Number of survey responses
<b>Objective 3:</b> Continue active collaboration with Eat Smart Move More to implement their intervention strategies.	Maintain an ongoing relationship with ESMM to utilize TA and guidance with quarterly progress check-in meetings.	Have at least 2 active HYPE Teams and participate in the Youth Summit.	TCHN Partners Youth Churches	HYPE Materials	Number of HYPE Team participants Number of ESMM Youth Summit participants
<b>Objective 4: Implement the Choose to Lose Challenge</b>	Implement the Choose to Lose Challenge in at least 2 churches and utilize Health Plex as a resource.			Educational Materials Food for cooking demonstrations and learning activities Printing and mailing of promotion flyers	Number of churches completing the Choose to Lose Challenge