

Rutherford Regional Health System 2025

Community Health Needs Assessment

-Rutherford County, North Carolina-



Adopted by Board of Trustees 09/25/2025



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Letter to the Community

Dear Community,

The mission of Rutherford Regional Health System (RRHS) is *making communities healthier*. Our patients can expect quality health care with a personal touch, and we continually work to expand services to better meet the needs of patients and local residents.

Every three years, we conduct a community health needs assessment to gain insight and feedback from those we serve. This allows us to understand how our efforts have impacted local residents and what changes are needed to continue progress toward a healthier community.

The 2025 community health needs assessment not only highlights local health needs but also provides an action plan outlining how RRHS will respond. We believe it is of utmost importance that people are able to access as much care as possible without having to leave their community. Through expanded service offerings and partnerships with other organizations, we strive to be your hub for healthcare in Rutherford County. Our implementation strategy outlines the need, the overview of how we will address the need, and the measures we will use to gauge success.

At RRHS, we are committed to working with our local governments, nonprofits and other key stakeholders to address larger community issues such as access to care, treatment services, and other social determinants that often have an adverse effect on people's health and wellbeing.

RRHS is a diverse facility that strives to create places where people who choose to come for healthcare, physicians and providers want to practice, and employees want to work. I am committed to leading your health system to continue improving and growing to meet your healthcare needs. We all enjoy this wonderful community and, together, we can make our community healthier for all.

Sincerely,

Sudandra Ratnasamy

CEO | Rutherford Regional Health System

Community Health Needs Assessment (CHNA) Overview

In 2025, Rutherford Regional Health System (“RRHS”) performed a Community Health Needs Assessment (CHNA) in partnership with Strata Decision Technology (“Strata”) to determine the health needs of the local community and develop an accompanying implementation plan to address the identified health needs of the community.

CHNA Purpose

A CHNA is part of the required hospital documentation of “Community Benefit” under the Affordable Care Act for 501(c)(3) hospitals. It uses systematic, comprehensive data collection and analysis to provide information about the community including health status, needs, and disparities. The CHNA also offers a targeted action plan to address areas of need and allows the hospital to truly understand the health needs of the community it serves.

CHNA Facility Benefits



- Identify health disparities and social determinants to inform future initiatives, programs, and outreach strategies
- Identify gaps in healthcare
- Develop an understanding of perceptions and ideas among community members
- Form collaborations with community organizations to address local health needs

The core elements of a CHNA include:

- a definition and description of the community served
- a description of the process and methods used to conduct the CHNA
- a description of how the hospital facility solicited and took into account input received from community members
- a description of the identified significant health needs of the community, including selection process and criteria
- a description of resources available to address the significant health needs
- an evaluation of the impact of any actions that were taken to address the significant health needs identified in the immediately preceding CHNA

Community Health Needs Assessment (CHNA) Overview

The CHNA Process

The process to conduct the CHNA included the following:



Rutherford Regional Health System’s health priorities identified through the 2025 process are:

- 1 Mental Health & Drug/Substance Abuse
- 2 Primary Care & Access to Affordable Healthcare

This report was approved by the Board of Trustees on 09/25/2025

Process and Methods used to Conduct the Assessment

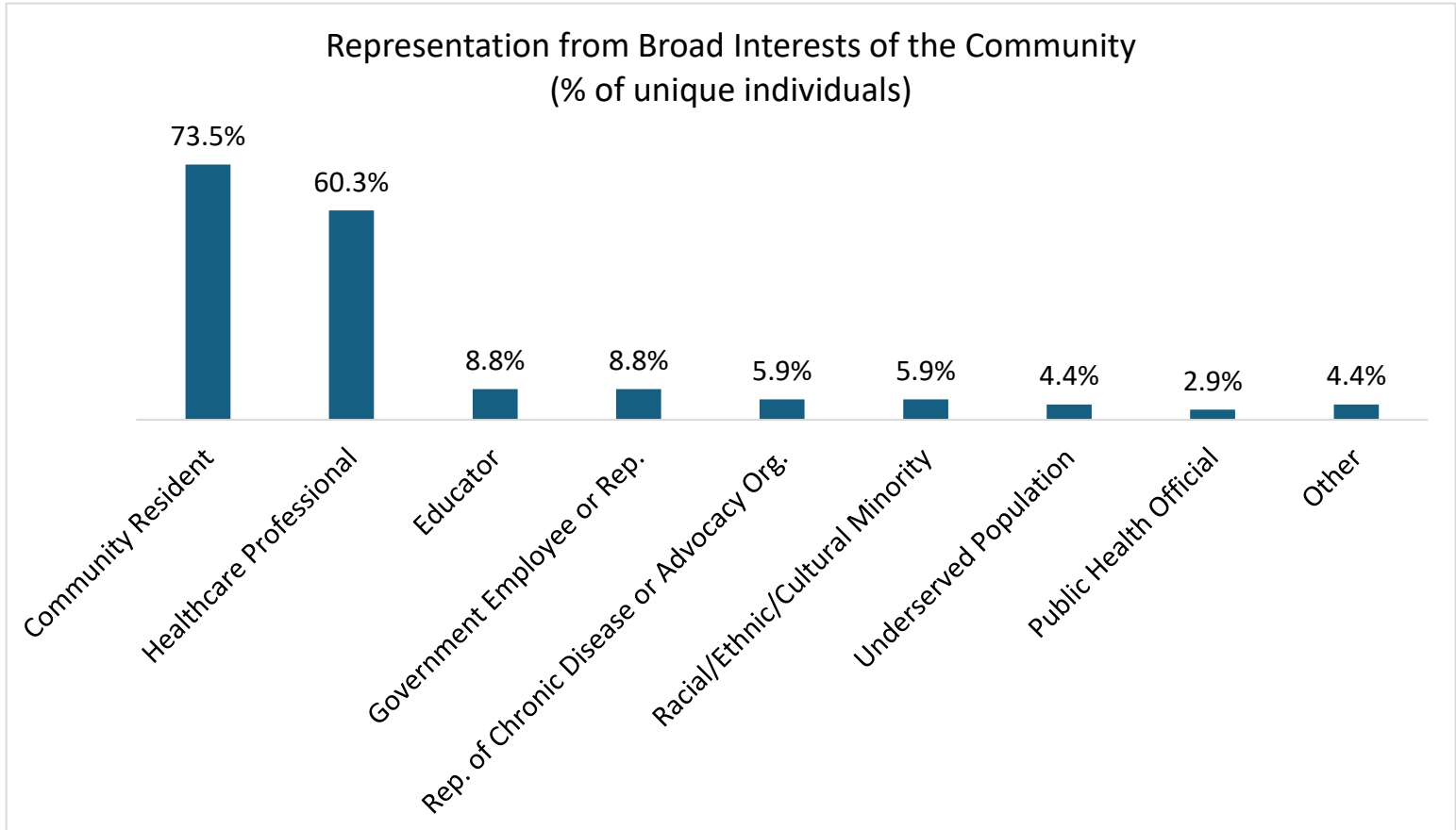
To assess the health needs of the community, a comprehensive approach was utilized. This included collecting community health data via secondary sources and a survey of community members to assess healthcare needs. A community summit was then held to review these inputs with community stakeholders to prioritize the health needs of the community and create action plans.

Community Health Data Collection and Analysis

Rutherford Regional Health System relied on secondary source data to define and assess the community. This data was sourced at the county level from available public sources, including www.countyhealthrankings.org and ESRI.

A community survey was deployed by Rutherford Regional Health System to gain input on local health needs, including those of priority populations such as the medically underserved, low-income, and minority populations. The survey received feedback from 56 community members. The survey was open from May 5, 2025 to June 6, 2025 and distributed digitally. The Community Summit was held on July 31, 2025 and had 12 participants.

Survey respondents and summit participants represented the stakeholder groups below:



About Rutherford Regional Health System

Founded in 1906 by Drs. Henry Norris and Montgomery H. Biggs, as Rutherford Hospital, Inc. (RHI), Rutherford Regional Health System today is governed by a local Board of Trustees.

Rutherford Regional Health System (RRHS) is a 143-bed acute care facility that offers a broad array of inpatient and outpatient care. Rutherford Regional is dedicated to providing patients with a full range of services to meet their healthcare needs with more than 120 qualified physicians and more than 23 medical specialties. We provide our services in a caring, professional environment through the teamwork of our medical staff and employees.

From the moment you arrive to the moment you leave our campus, your care and welfare are our greatest concern.

We offer a wide range of specialized clinical services for your whole family from birthing to eldercare. We believe our healthcare team will serve you and provide you with the most up-to-date treatment available, in an environment that is friendly and caring.

Rutherford Regional Health System's partnership with Duke Lifepoint Healthcare is bringing the pieces together to transform healthcare in Rutherford County. Quality: It's improving the health of our community in our community. Expertise: it's recruiting and keeping top physicians and new specialists. Commitment: it's financial strength and capital investment. As a member of Duke Lifepoint Healthcare, our regional health system will be supported with more resources than ever before. Together we are finding ways to build healthier communities and transform healthcare.

Mission

Making communities healthier®

Vision

We want to create places where people choose to come for healthcare, physicians and providers want to practice, and employees want to work.

Values



Champion
Patient Care



Do the
Right Thing



Embrace
Individuality



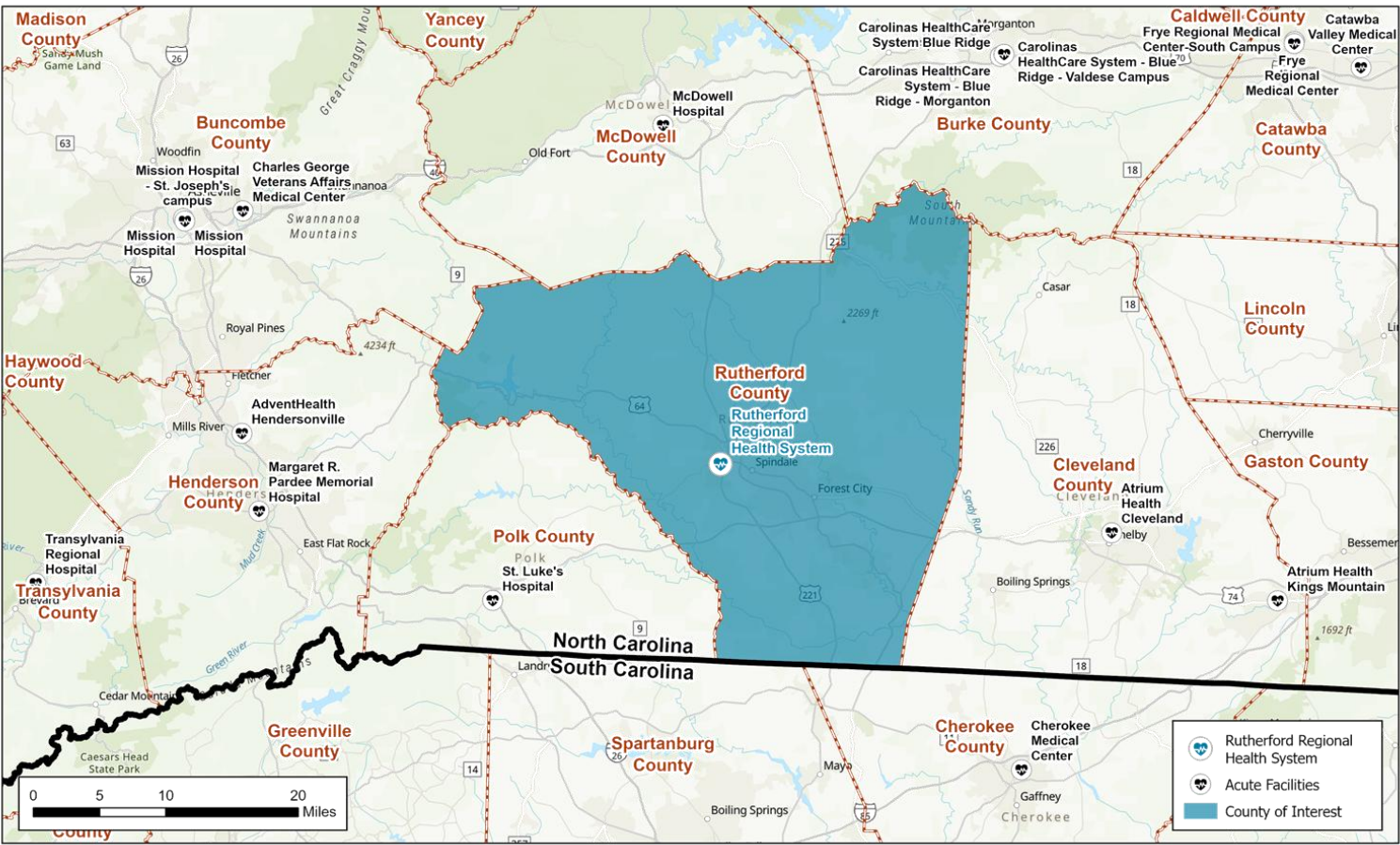
Act with
Kindness



Make a
Difference
Together

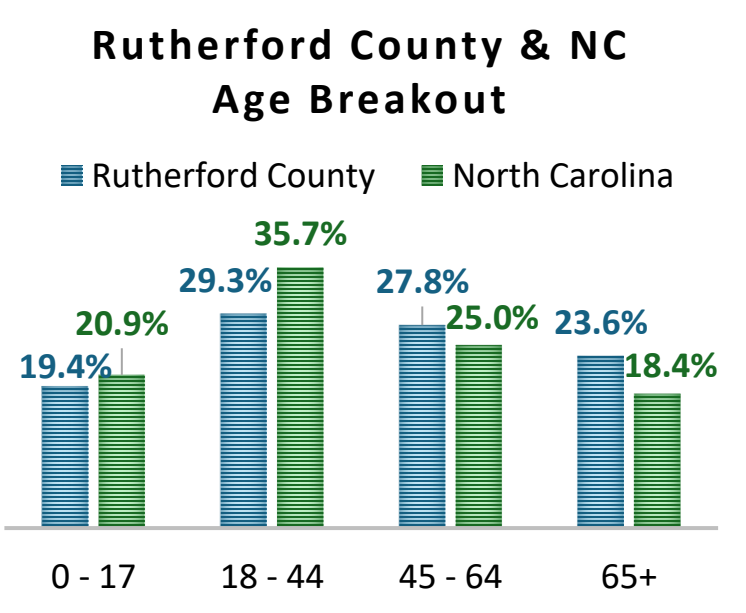
Community Served

For the purpose of this study, Rutherford Regional Health System defines its service area as Rutherford County, North Carolina.

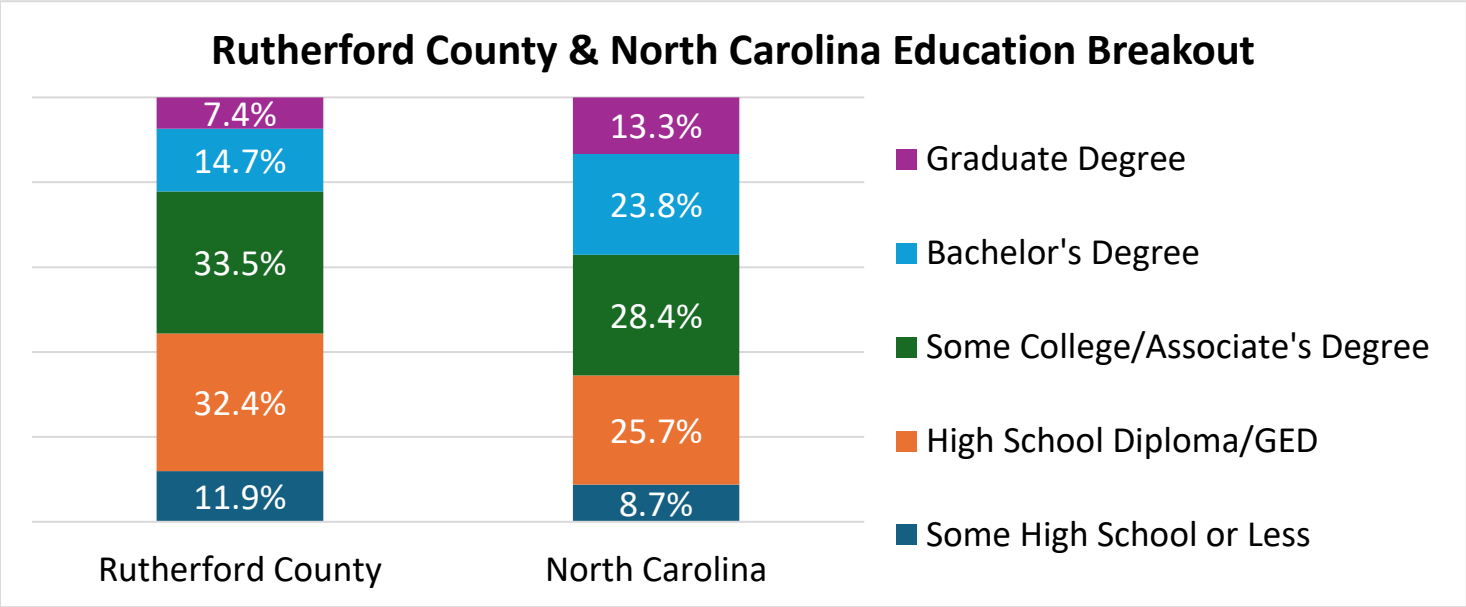


2024 Total Rutherford County Population: 64,327
2029 Projected Total Rutherford County Population: 64,268 } **0.0% change per year**

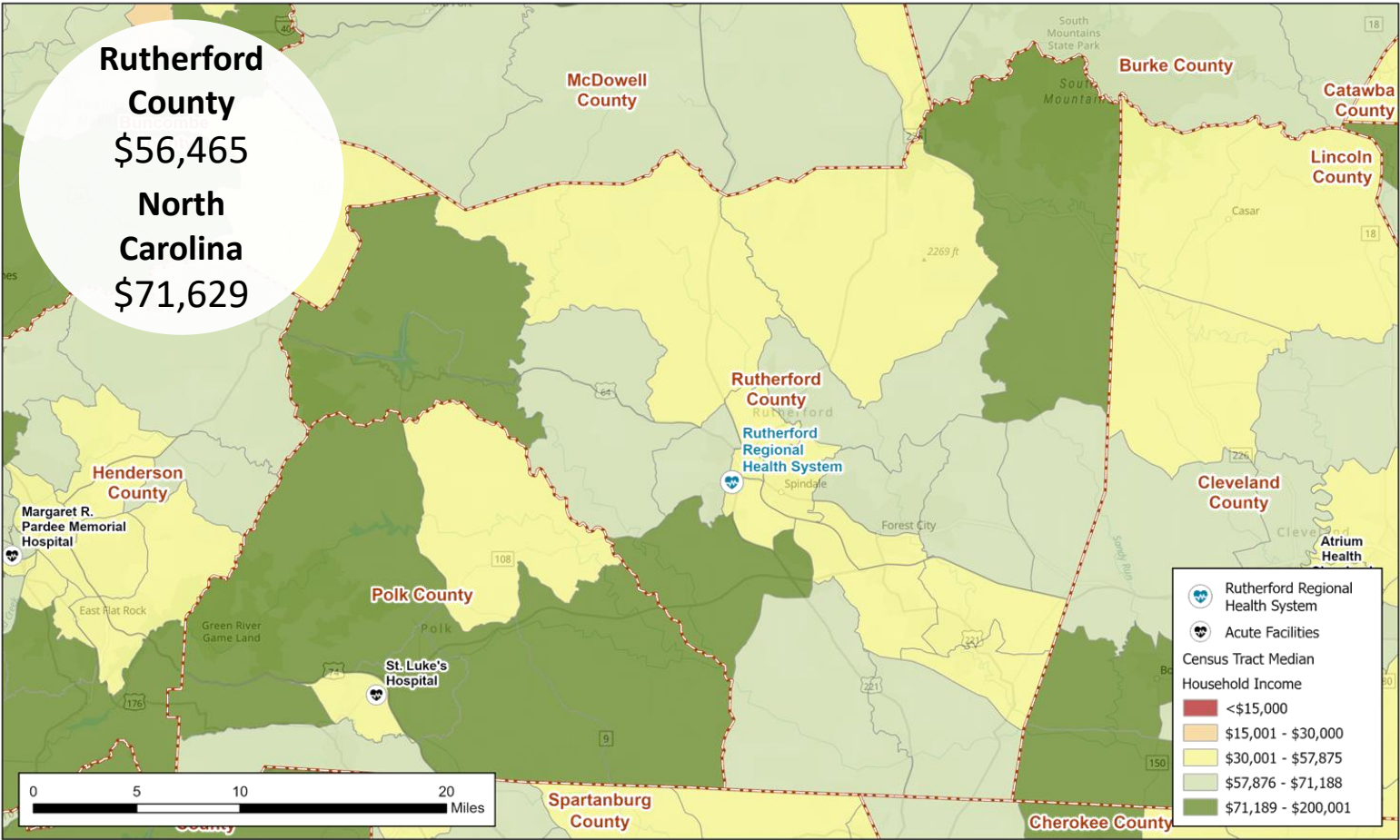
Race & Ethnicity		
	Rutherford Co.	North Carolina
White	81.3%	60.9%
Black	9.0%	20.6%
American Indian	0.4%	1.3%
Asian/Pacific Islander	0.6%	3.7%
Other Race	2.7%	6.3%
Two or More Races	6.0%	7.3%
Hispanic Origin	5.9%	11.5%



Community Served



2024 Median Household Income {by Census Tract}



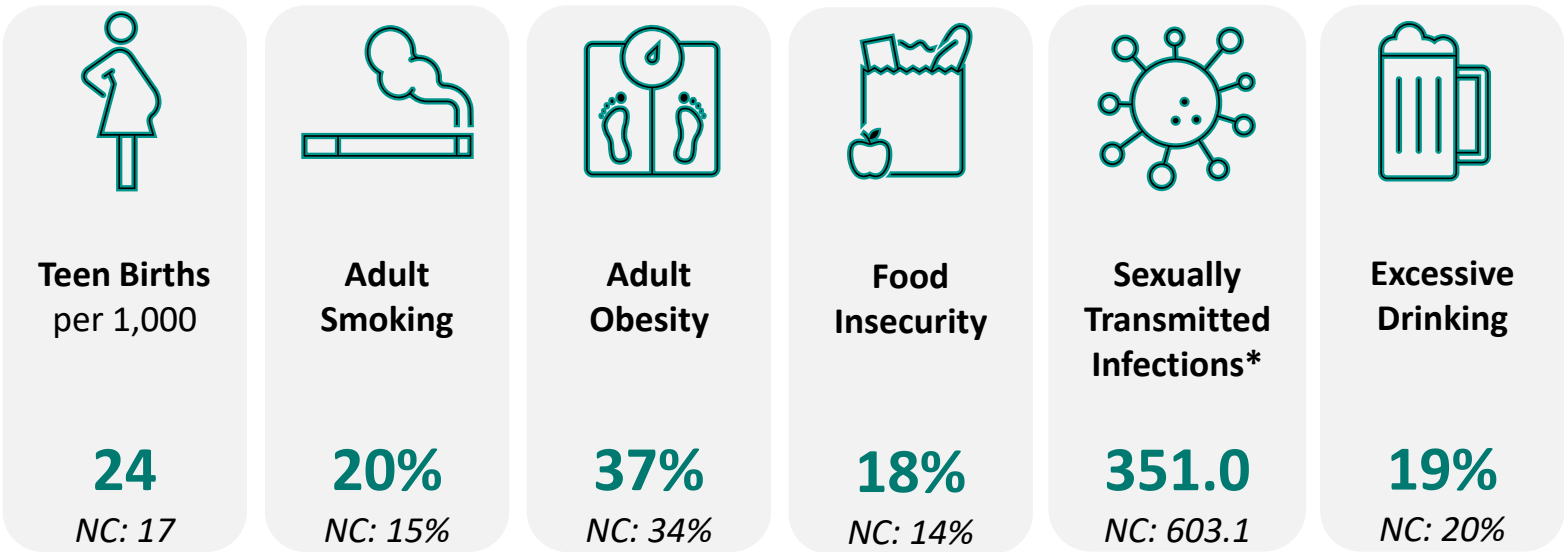
Census Tract: small, relatively permanent statistical subdivisions of a county uniquely numbered; average about 4,000 inhabitants

Rutherford County Community Health Characteristics

The data below provides an overview of Rutherford County’s community health including health behaviors, quality of life, socioeconomic factors, access to health and physical environment. For detailed descriptions and dates for each measure, please visit <https://www.countyhealthrankings.org/app/north-carolina/2025/overview>. Each indicator impacts the health of the entire community.

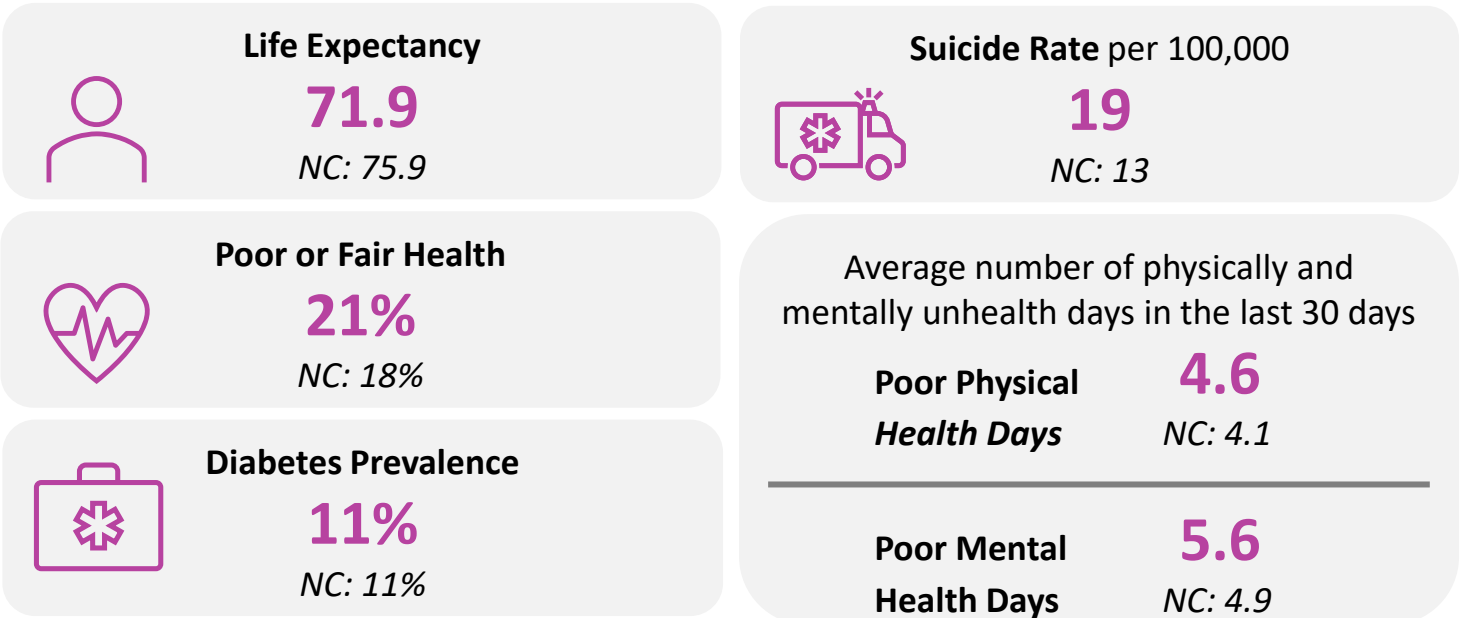
Health Status Indicators

Health Behaviors



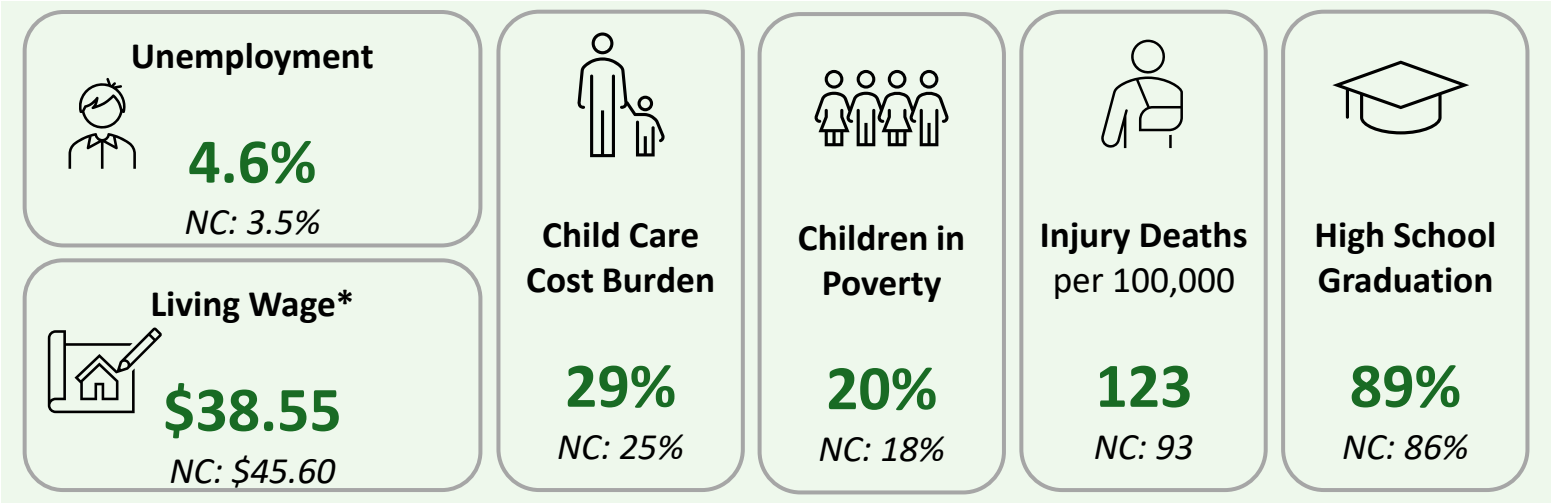
*New cases of chlamydia diagnoses per 100,000

Quality of Life

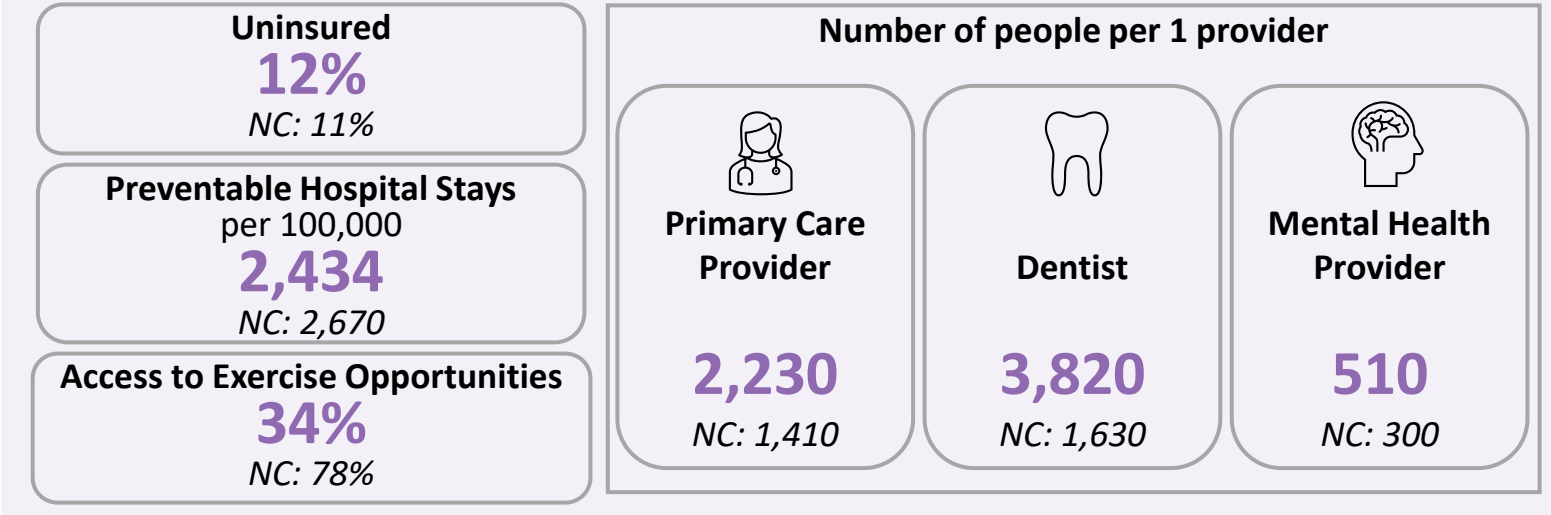


Rutherford County Community Health Characteristics

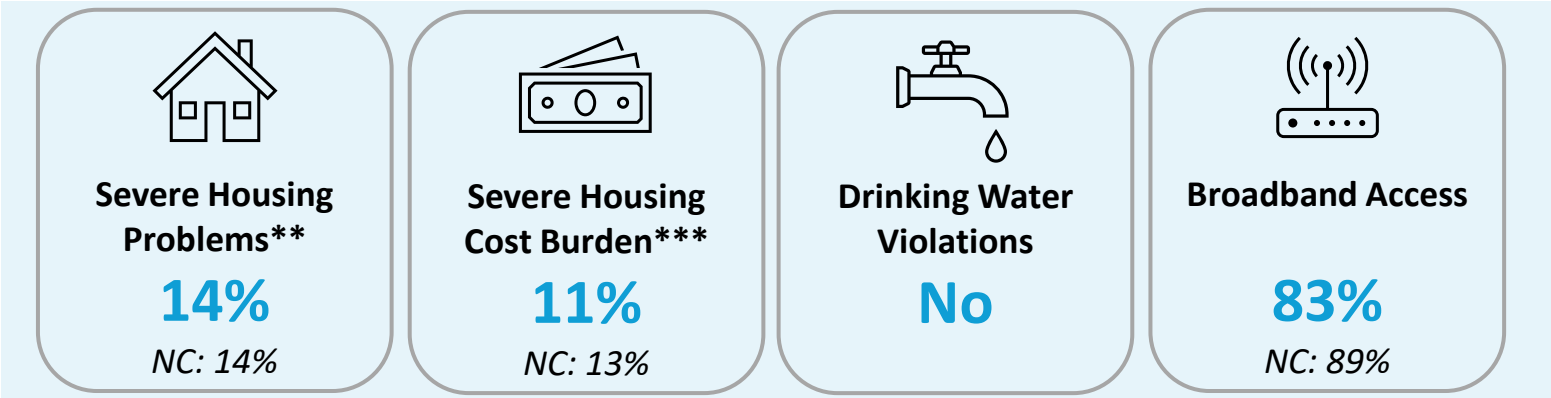
Socioeconomic Factors



Access to Health



Physical Environment



*The hourly wage needed to cover basic household expenses plus all relevant taxes for a household of one adult and two children.
**% of households with at least 1/4 of problems: overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities
***% of households that spend 50% or more of their household income on housing

Impact Since Last CHNA

The IRS requires there to be an evaluation of the impact of any actions that were taken to address the significant health needs identified in the immediately preceding CHNA. The health priorities identified in the 2022 CHNA are listed below.



Written comments and insights were gained from community members through the Rutherford Regional Health System Survey regarding the 2022 identified health priorities and implementation plan. Details of the comments and actions Rutherford Regional Health System has taken to address the identified health priorities can be found on the next two pages.

Impact Since Last CHNA

Obesity

1. Increase access to primary care
2. Market heavily of the Rutherford Regional Health weight loss clinic
3. Host RRHS employee and community Vitality walks and step challenges
4. Utilization of cardiac rehab to educate on healthy eating and exercise
5. Educate the public advocating for healthy eating and exercise routines

Themes from Community Survey Comments (9 responses)*:

- Health fairs, exercise programs, and education (4)
 - OP Cardiology department speaks with patients regarding the hazards of obesity and provide advice for losing weight – healthy eating and exercise (2)
 - Health Fairs to address Obesity how healthy eating can help. Exercises programs to help with obesity
 - Educate the public advocating for healthy eating and exercise routines
- Increase in people seen at RRHS obesity clinic (2)
 - Weight loss clinic marketing

Prevalence of Diabetes

1. Increase access to primary care
2. Market heavily of the Rutherford Regional Health weight loss clinic
3. Educate public related to diabetes and the impact of healthy lifestyles
4. Participate in community outreach events educating and connecting the community to resources

Themes from Community Survey Comments (7 responses)*:

- Education (3)
 - Educate public related to diabetes and the impact of healthy lifestyles
 - Working in cardiology we see diabetic patients quite often. We talk to them about how important it is to control their diabetes so that it does not affect their heart along with other body systems.
- Health fairs (2)
 - Participate in community outreach events educating and connecting the community to resources

Impact Since Last CHNA

Prevalence of Heart Disease

1. Increase access to cardiology and primary care
2. Participate in community outreach events educating and connecting the community to resources
3. Utilization of cardiac rehab to educate on healthy eating and exercise
4. Implement heart failure clinic and peripheral arterial disease program
5. Educate the public related to heart disease and the impact of a healthy lifestyle

Themes from Community Survey Comments (11 responses)*:

- Health fairs/Outreach events & education (6)
 - Participate in community outreach events educating and connecting the community to resources
 - Educate patients daily by not only talking to them but also showing pictures and using large scale plastic hearts to show them different areas of the heart and what they do.
- Access to cardiology and rehab (5)
 - Utilization of cardiac rehab to educate on healthy eating and exercise

Food Insecurity

1. Participate in community garden project
2. Extend the current zero-dollar lease from 1 year to 3 years
3. Food pantry
4. Support in drives to provide food and personal items to a local shelter
5. Provide meals at reduced rates at Rutherford Life Services
6. Fundraising events

Themes from Community Survey Comments (8 responses)*:

- Community garden – Ruff’ton Roots (5)
- Backpack assistance at schools (4)
- Food pantries (including through local churches) (2)

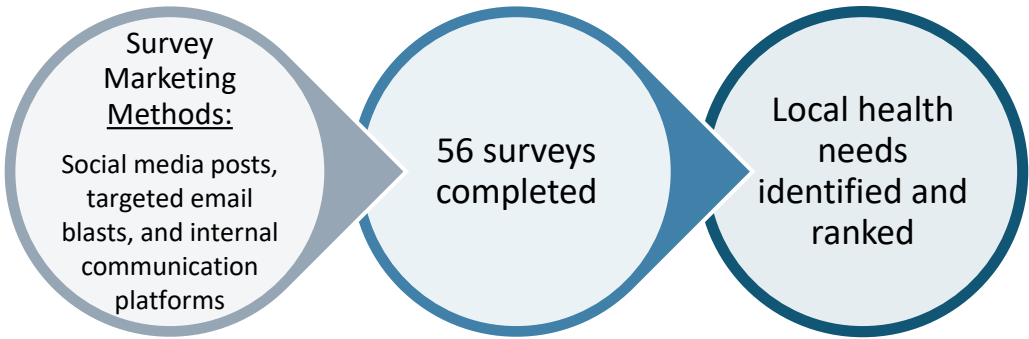
Methods of Identifying Health Needs

Analysis of existing data

Utilization of secondary data sources to gain analytical insights of the community

Data source: County Health Rankings

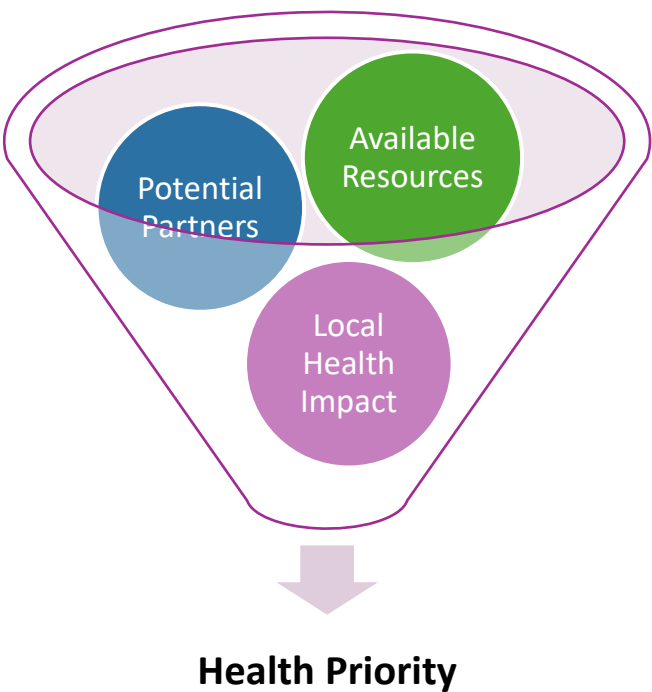
Collection of new data



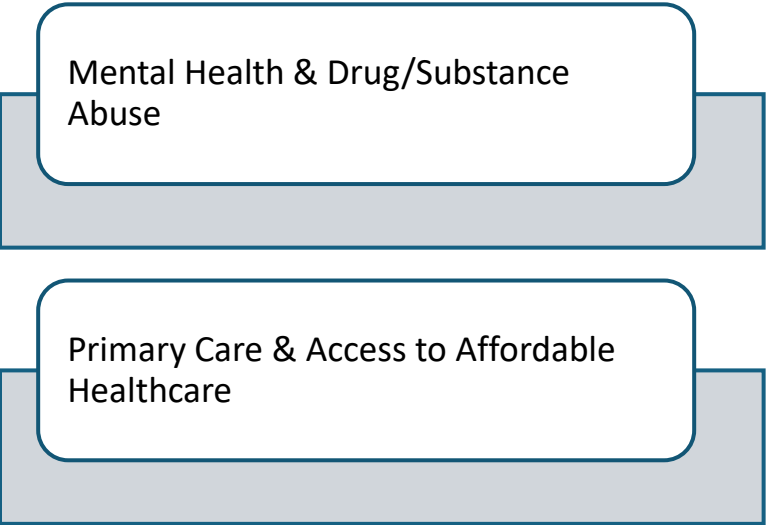
Evaluate indicators and responses on below criteria



Select priority health needs for implementation plan



Rutherford Regional Health System's Health Priorities



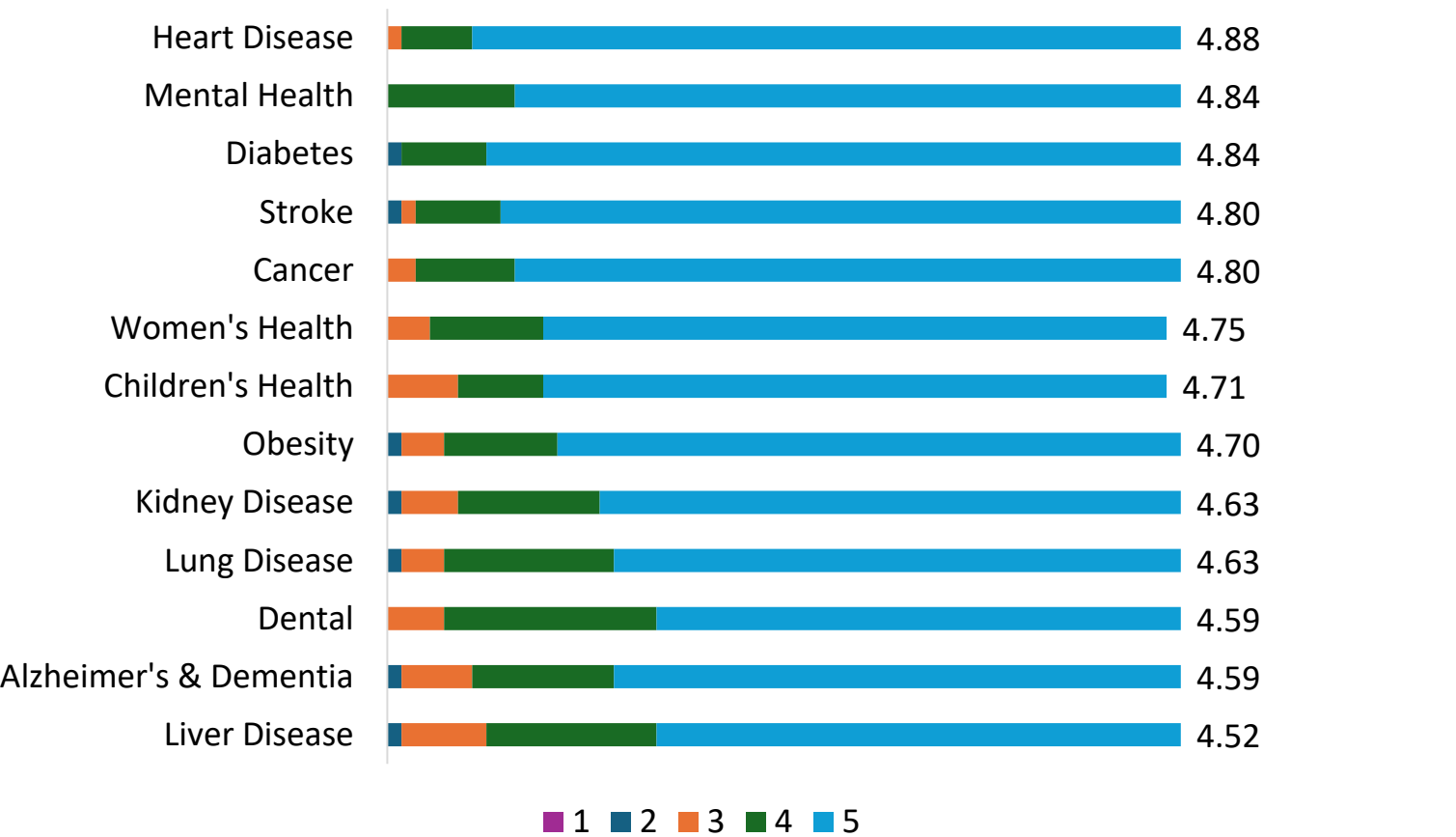
Community Survey Data

The health needs of the community include requisites for the improvement and maintenance of health status both in the community at large and in particular parts of the community, such as particular neighborhoods or populations experiencing health disparities. The community survey asked questions regarding health factors, lifestyle and personal factors, and community and healthcare services factors to better understand the local needs for the health status including groups with the highest health needs.

Health factors addressed areas such as chronic conditions, health conditions, and physical health. Lifestyle and personal factors addressed areas that affect the individual's health outcomes such as physical inactivity and substance abuse. Community and healthcare services factors addressed social determinants that influence community health, such as access to care, safety, and affordability.

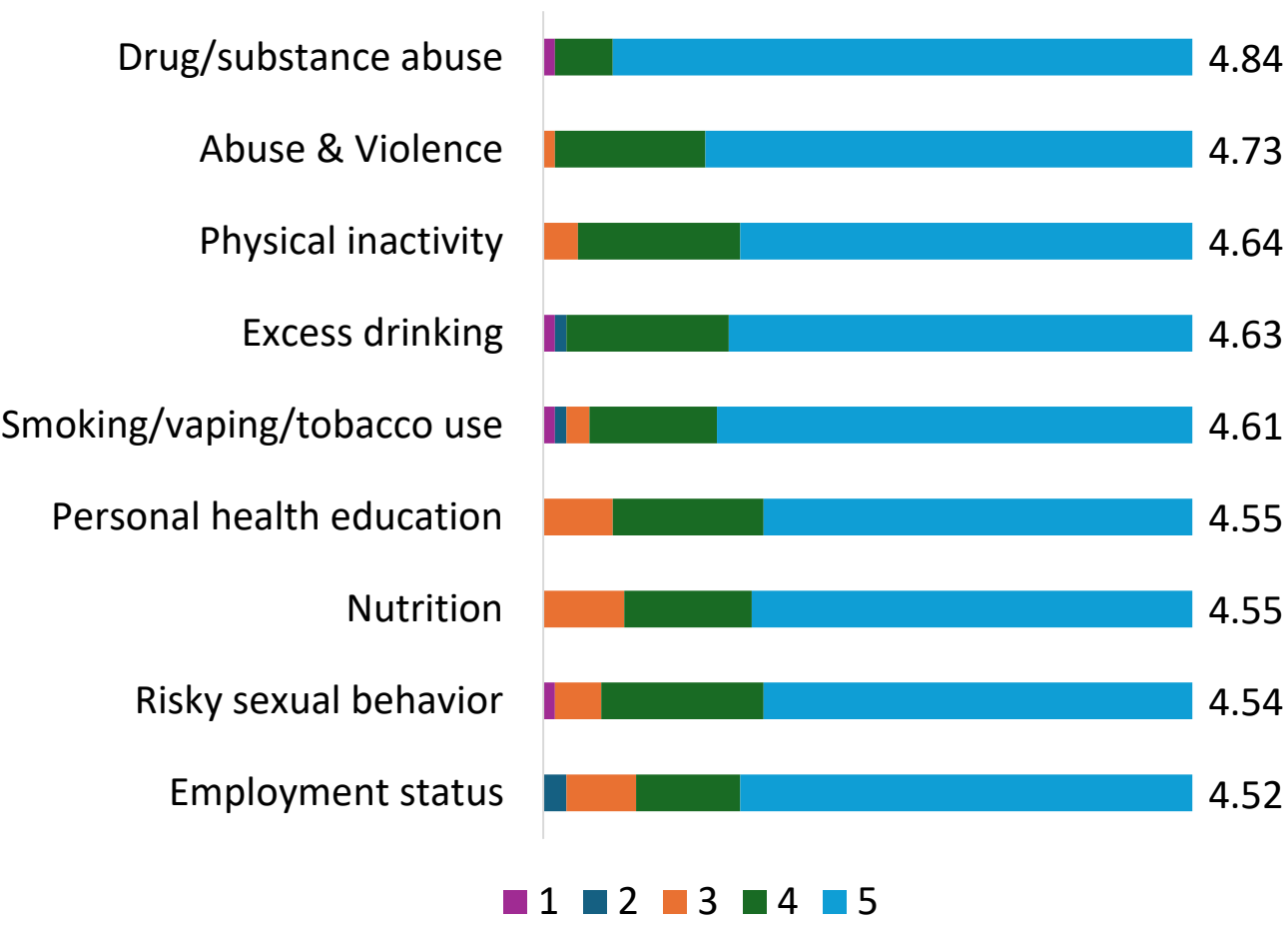
In our community survey, respondents had the opportunity to rate the importance of addressing different components of each factor. Results of the rankings are below.

Survey Question: Please rate the importance of addressing each Health Factor on a scale of 1 (not important) to 5 (very important).



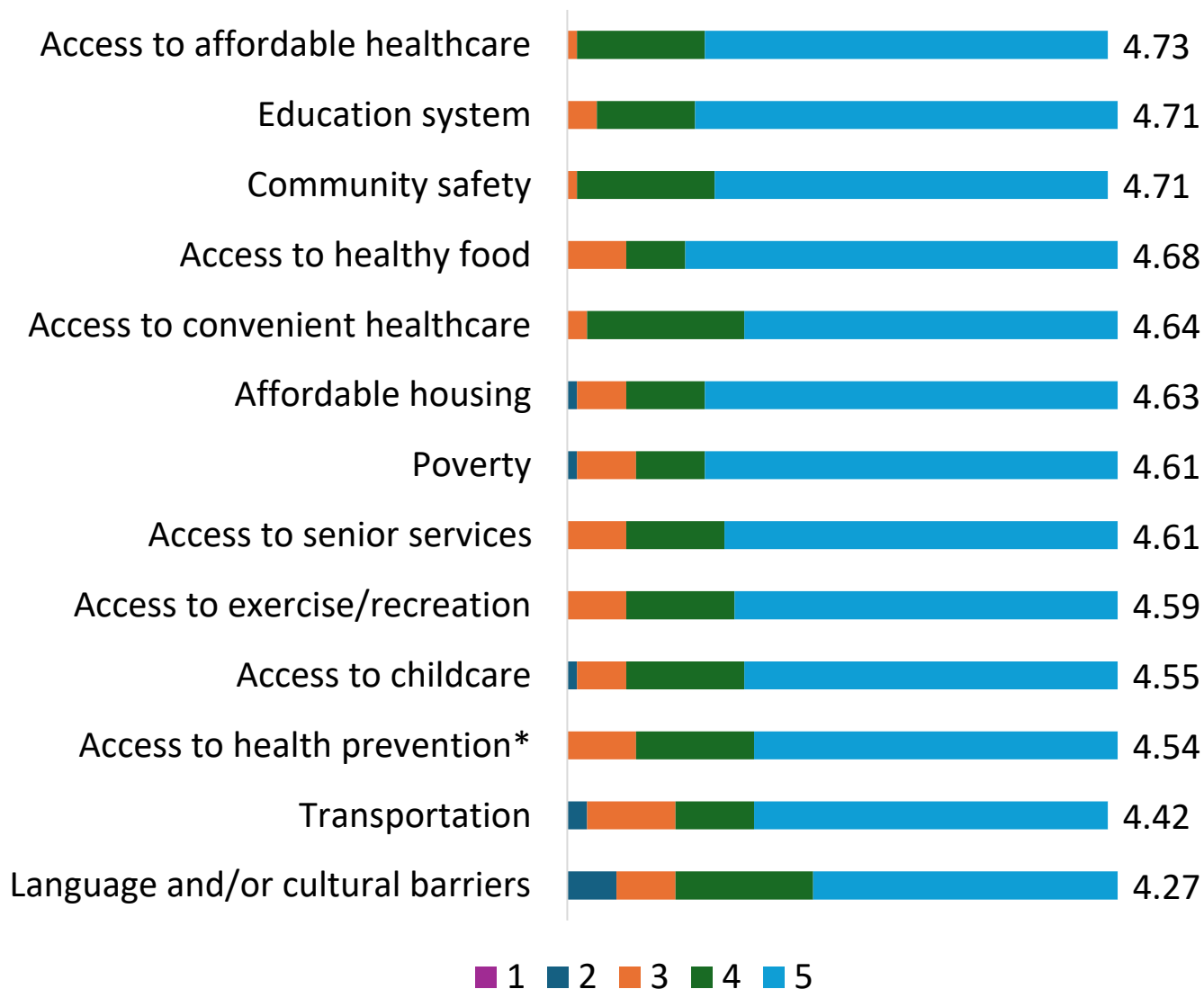
Community Survey Data

Survey Question: Please rate the importance of addressing each Lifestyle & Personal Factor on a scale of 1 (not important) to 5 (very important).



Community Survey Data

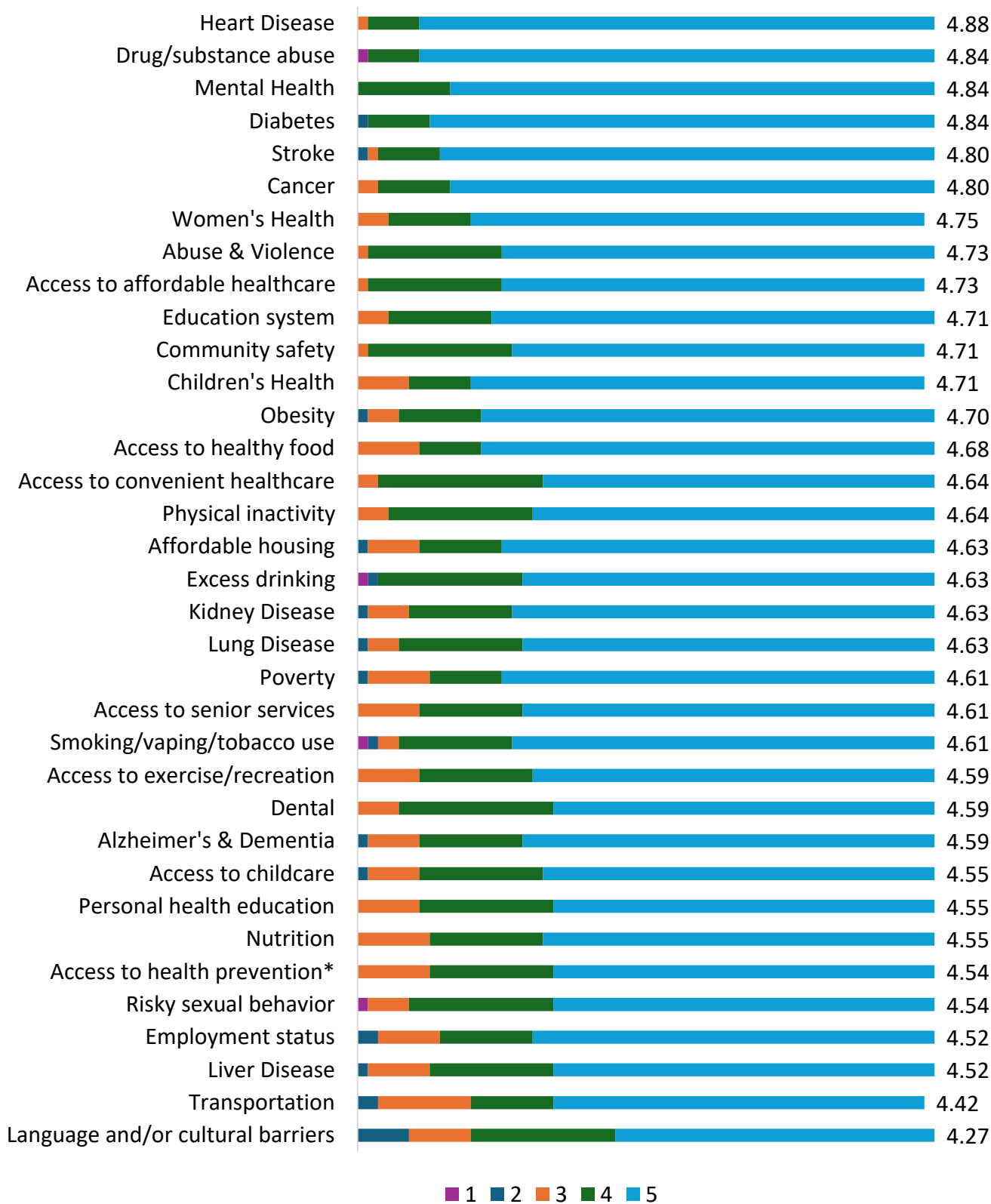
Survey Question: Please rate the importance of addressing each Community & Healthcare Services Factor on a scale of 1 (not important) to 5 (very important).



**Access to health prevention & education services*

Community Survey Data

Overall Health Priority Ranking (includes all three factor categories)



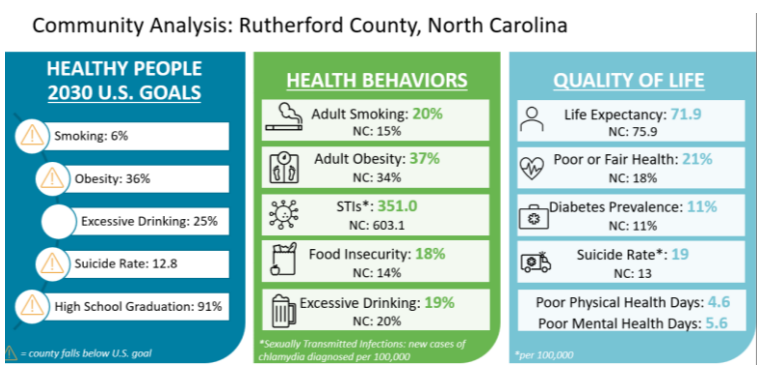
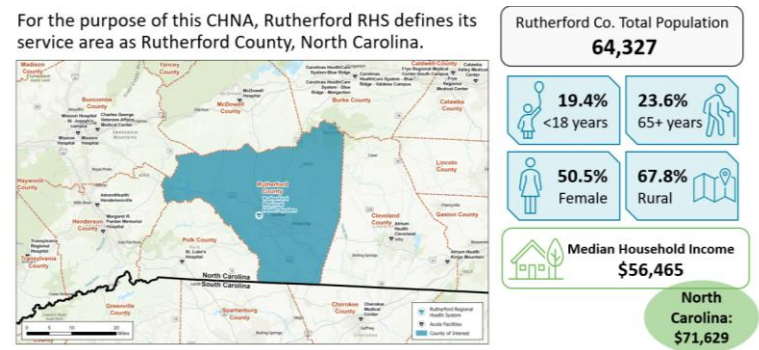
Community Summit

Rutherford Regional Health System held a Community Summit on July 31, 2025.

Below are topics of discussion and key takeaways.

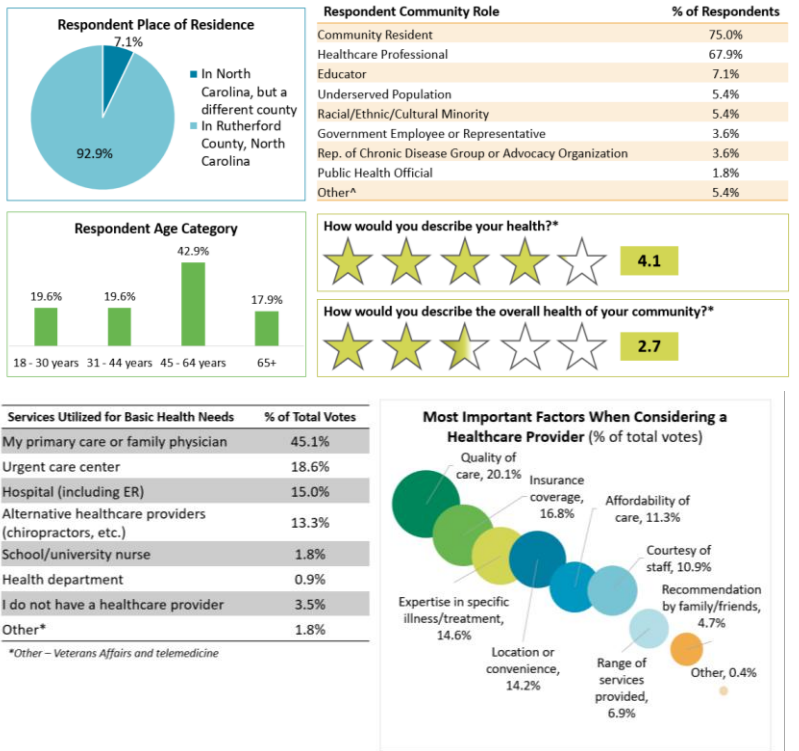
Demographics*

Slide examples



Survey Analysis**

Slide examples



Prioritizing Health Needs

Focus areas for identified health needs

Health Need
Primary Care (including Heart Disease, Diabetes, Stroke, & Women’s Health)
Mental Health & Drug/Substance Abuse
Access to Affordable Healthcare

Addressing Health Needs

Participant created goals

- ☐ **Primary Care & Access to Affordable Healthcare:** Partner with organization & events to collaborate and communicate resources – connect people to primary care
- ☐ **Mental Health & Drug/Substance Abuse:** Integrate services with primary care and increase enrollment in IOP by 30% for SUD and 20% for Mental Health

Community Summit: Participants

During the community summit, prioritized health needs were assigned to breakout groups. Each group was tasked with developing action plans to address their assigned health issue. Participants were able to draw on their existing knowledge of the community as well as the information presented during the summit, including impacts from the prior CHNA, community demographics and social determinants of health data, and community survey results.

Participation in the community summit included:

Organization	Population(s) Represented
Mayor of Rutherford	Community Resident, Government Employee or Representative
United Way	Community Resident
ROC & Foothills Conservancy of NC	Representative of Chronic Disease Group or Advocacy Organization
Foothills Health District	Community Resident, Healthcare Professional, Educator, Public Health Official
Town of Rutherfordton	Government Employee or Representative
Town of Spindale	Government Employee or Representative
Rutherford Regional Health System	Community Resident, Healthcare Professional
Rutherford County Schools	Educator
Rutherford County Transit	Community Resident, Government Employee or Representative
RHI Legacy Foundation	Community Resident, Representative of Chronic Disease Group or Advocacy Organization

Input of medically underserved, low-income, and minority populations was received through both the community survey and summit.

Evaluation & Selection Process

Severity or urgency of health need Health need has a higher severity, urgency, or burden and if addressed, could be positively impacted	Feasibility and effectiveness Pressing health needs where hospital interventions are feasible and impactful	Impact on health disparities Priority population health needs that have the ability to be positively impacted if addressed	Importance identified by community Health needs with online survey higher rankings or frequently mentioned by community members
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Rutherford Regional Health System Health Need Evaluation

	Severity or urgency	Feasibility and effectiveness	Impact on health disparities	Importance identified by community
Heart Disease	✓	✓	✓	✓
Diabetes		✓	✓	✓
Mental Health	✓	✓	✓	✓
Drug/Substance Abuse	✓	✓	✓	✓
Cancer	✓	✓	✓	✓
Stroke	✓	✓	✓	✓
Women’s Health	✓	✓		✓
Abuse & Violence	✓		✓	✓
Access to Affordable Healthcare	✓		✓	✓
Education System	✓		✓	
Children’s Health	✓		✓	
Community Safety	✓		✓	

Overview of Priorities

Mental Health & Drug/Substance Abuse

Mental health was the second highest ranked health need in the community with a ranking of 4.80.

The following data points provide insight regarding mental health in Rutherford County, North Carolina.

- In 2024, access to mental health was 510 people per mental health provider compared to North Carolina at 300 people per mental health provider.
- Between 2018-2022, the suicide rate was 19 deaths by suicide per 100,000 people compared to North Carolina at 13 deaths per 100,000 people.
- In 2022, poor mental health days was 5.6 days of the previous 30 days compared to North Carolina at 4.9 days.
- In 2022, 20% of adults reported experiencing poor mental health for 14 or more of the last 30 days compared to North Carolina at 16%.

Drug/Substance Abuse was the second highest ranked health need in the community with a ranking of 4.80.

The following data points provide insight regarding drug/substance abuse in Rutherford County, North Carolina.

- Between 2020-2022, the drug overdose death rate was 52 deaths due to drug poisoning per 100,000 people.

Primary Care & Access to Affordable Healthcare

While primary care was not directly ranked, related needs such as diabetes and women’s health ranked in the top 10. Access to affordable care was the eighth highest ranked health need in the community with a ranking of 4.73.

The following data points provide insight regarding access to primary care in North Carolina.

- In 2021, access to primary care was 2,230 people per primary care physician compared to North Carolina at 1,410 people per primary care physician.
- In 2024, access to other primary care providers was 910 people per a primary care provider other than a physician compared to North Carolina at 580 people per a non-physician provider.

Overview of Priorities

Not Selected Health Priorities

Rutherford Regional Health System understands the need to address all health needs and is committed to making impacts across the community where possible. For the purpose of this CHNA, Rutherford Regional Health System has decided to focus efforts toward the previous four health priorities.

The health priorities not selected are:

- ☐ **Heart Disease**- This is not addressed directly but has the potential to be indirectly impacted by the efforts of our other initiatives.
- ☐ **Diabetes** - This is not addressed directly but has the potential to be indirectly impacted by the efforts of our other initiatives.
- ☐ **Cancer** - This is not addressed directly but has the potential to be indirectly impacted by the efforts of our other initiatives.
- ☐ **Stroke** - This is not addressed directly but has the potential to be indirectly impacted by the efforts of our other initiatives.
- ☐ **Women's Health** - This is not addressed directly but has the potential to be indirectly impacted by the efforts of our other initiatives.
- ☐ **Abuse & Violence** - While we recognize the importance of this need, it is outside the scope of services the facility provides.
- ☐ **Education System** - While we recognize the importance of this need, it is outside the scope of services the facility provides.
- ☐ **Children's Health** - This is not addressed directly but has the potential to be indirectly impacted by the efforts of our other initiatives.
- ☐ **Community Safety** - While we recognize the importance of this need, it is outside the scope of services the facility provides.

Implementation Plan Framework

Executive and clinical leadership at Rutherford Regional Health System gathered to discuss plans to address the identified health priorities. The leaders decided to group the health priorities to effectively create action plans to make positive community impacts. The next two pages outline the implementation plan for each identified health need seen below.

Rutherford Regional Health System Health Need Evaluation

	Severity or urgency	Feasibility and effectiveness	Impact on health disparities	Importance identified by community
Mental Health & Drug/Substance Abuse	✓	✓	✓	✓
Primary Care & Access to Affordable Healthcare	✓	✓	✓	✓

This implementation plan was approved by the Board of Trustees on 09/25/2025

Implementation Plan: Mental Health & Drug/Substance Abuse

Initiative: Increased awareness and accessibility to resources

Goal: Increase awareness and knowledge of local mental health and drug/substance abuse services

Strategies Actions facility plans to implement	Goal Completion Date	Accountable Organization/Team	Community Resources & Partnerships
Strategy 1: Continue to market inpatient and outpatient behavioral health services to promote awareness and reduce stigma	Ongoing	➤ Rutherford Regional Health System Marketing and Growth & Outreach	➤ Probation and parole ➤ Local government ➤ Law enforcement ➤ Local physicians/providers
Strategy 2: Expand outpatient mental health clinic for medication management in Polk County	Quarter 4, 2025	➤ Rutherford Regional Health System Medical Group Services and Growth & Outreach Teams	➤ Community Health Council
Strategy 3: Continue marketing mental health clinic expansion in Polk and surrounding counties	Ongoing	➤ Rutherford Regional Health System Marketing and Growth & Outreach	➤ Community Health Council
Strategy 4:			

Anticipated Impact:

- Increased awareness and knowledge of local mental health and drug/substance abuse services
- Increased utilization of local services

Implementation Plan: Primary Care & Access to Affordable Healthcare

Initiative: Increased awareness and accessibility

Goal: Connecting patients to local care via increased awareness and access

Strategies Actions facility plans to implement	Goal Completion Date	Accountable Organization/Team	Community Resources & Partnerships
Strategy 1: Explore opportunity to expand hours of operation and locations for primary care clinics	Ongoing	➤ Rutherford Regional Health System Medical Group Services	➤ Community Health Council ➤ Rutherford County Schools
Strategy 2: Continue to market ease of access including online scheduling platform, same day next day availability, and provider to patient ratio	Ongoing	➤ Rutherford Regional Health System Marketing and Growth & Outreach	➤ Community Health Council ➤ Local Health Department
Strategy 3: Explore opportunity to partner with transportation companies for ease of access to appointments	Ongoing	➤ Rutherford Regional Health System Medical Group Services and Growth & Outreach Teams	➤ Local transit
Strategy 4: Health fair to include free health screenings	Annually 2026 - 2028	➤ Rutherford Regional Health System Marketing and Growth & Outreach and Medical Group Services Teams	➤ Community Health Council ➤ Rutherford County Schools

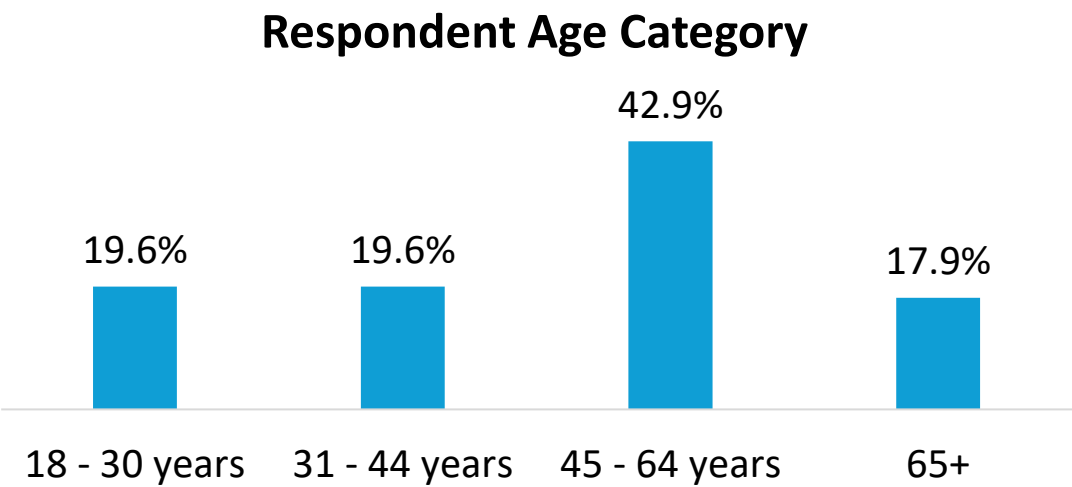
Anticipated Impact:

- Successfully connecting patients to local care via increased awareness of scheduling platforms and provider accessibility

Appendix: Survey Results

Survey Results

Survey Question 1: Please provide your age.



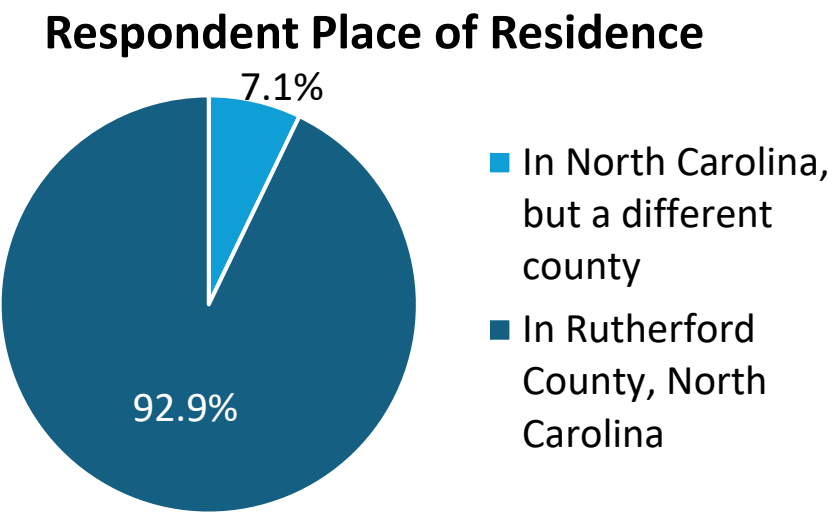
Survey Question 2: Please select which roles apply to you. [Check all that apply]

Respondent Community Role	% of Respondents
Community Resident	75.0%
Healthcare Professional	67.9%
Educator	7.1%
Underserved Population	5.4%
Racial/Ethnic/Cultural Minority	5.4%
Government Employee or Representative	3.6%
Rep. of Chronic Disease Group or Advocacy Organization	3.6%
Public Health Official	1.8%
Other^	5.4%

^Other – Clergy, pharmacy, retired educator

Survey Results

Survey Question 3: Where is your primary residence?



Survey Question 4: How would you describe your health? (1 star = Poor; 5 stars = Excellent)



Survey Question 5: How would you describe the overall health of your community? (1 star = Poor; 5 stars = Excellent)



Survey Results

Survey Question 6: Please rate the importance of addressing each Health Factor on a scale of 1 (not important) to 5 (very important).

Weighted average of votes	
Heart Disease	4.88
Diabetes	4.84
Mental Health	4.84
Cancer	4.80
Stroke	4.80
Women's Health	4.75
Children's Health	4.71
Obesity	4.70
Lung Disease	4.63
Kidney Disease	4.63
Alzheimer's & Dementia	4.59
Dental	4.59
Liver Disease	4.52

Factor is in the overall top 10

Survey Question 7: If there is another Health Factor that needs addressing, please specify

- Autoimmune diseases
- Geriatrics
- Mental health/drug abuse in younger adults
- Prostate cancer screenings
- Reproductive health
- Substance use disorders

Survey Results

Survey Question 8: Please rate the importance of addressing each Lifestyle & Personal Factor on a scale of 1 (not important) to 5 (very important).

Weighted average of votes	
Drug/substance abuse	4.84
Abuse & Violence	4.73
Physical inactivity	4.64
Excess drinking	4.63
Smoking/vaping/tobacco use	4.61
Nutrition	4.55
Personal health education	4.55
Risky sexual behavior	4.54
Employment status	4.52

Factor is in the overall top 10

Survey Question 9: If there is another Lifestyle & Personal Factor that needs addressing, please specify

- Affordable housing
- Elder care

Survey Results

Survey Question 10: Please rate the importance of addressing each Community & Healthcare Services Factor on a scale of 1 (not important) to 5 (very important).

Weighted average of votes	
Access to affordable healthcare	4.73
Education system	4.71
Community safety	4.71
Access to healthy food	4.68
Access to convenient healthcare	4.64
Affordable housing	4.63
Access to senior services	4.61
Poverty	4.61
Access to exercise/recreation	4.59
Access to childcare	4.55
Access to health prevention & education services	4.54
Transportation	4.42
Language and/or cultural barriers	4.27

Factor is in the overall top 10

Survey Question 11: If there is another Community & Healthcare Services Factor that needs addressing, please specify

- Lack of medical doctors

Survey Results

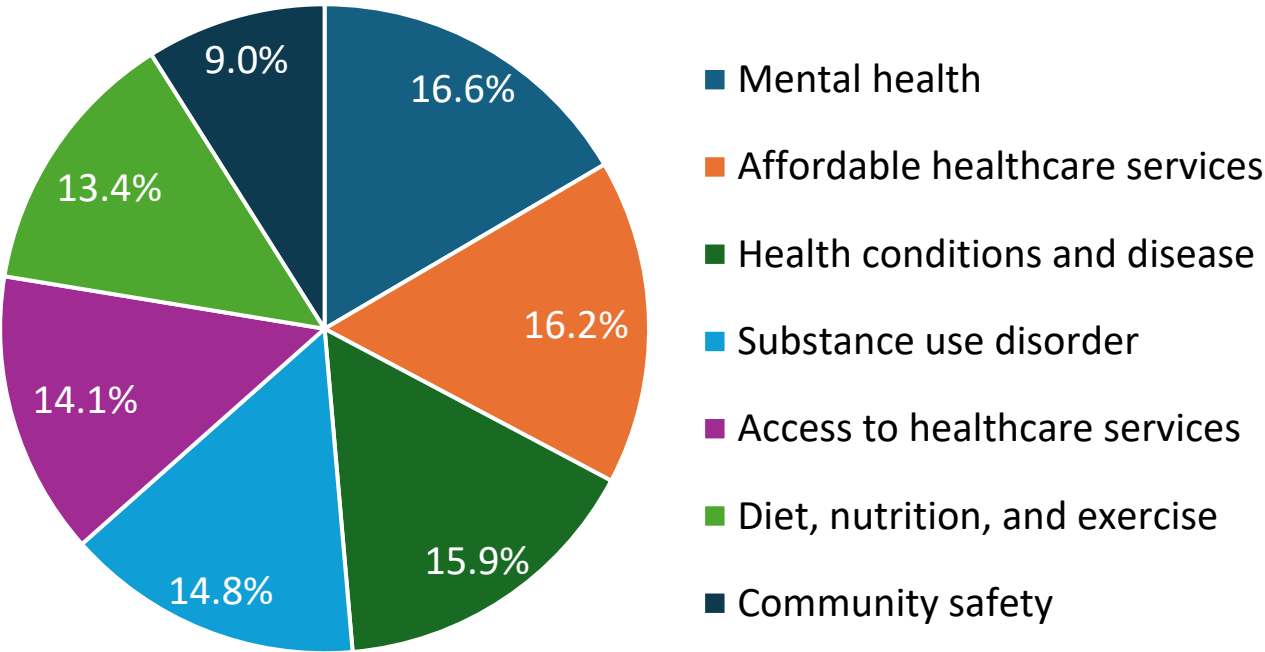
Survey Question 12: Which groups have the highest health needs in your community? (Select all that apply)

Groups with Highest Health Needs	% of Total Votes
Low-income groups	22.5%
Older adults	20.2%
Individuals requiring additional health support	17.9%
Children	12.4%
Racial and ethnic minority groups	10.1%
Women	9.6%
LGBTQIA+	6.0%
Other^	1.4%

^Other- Working class/high health insurance deductibles, overweight/obese, mental health

Survey Question 13: What are the health needs, if any, for the group(s) selected above? (Select all that apply)

Health Needs for Groups Identified



Survey Results

Survey Question 14: How would you rate the quality of healthcare services in your community? (1 star = Poor; 5 stars = Excellent)



Survey Question 15: How would you rate the convenience of healthcare services in your community? (1 star = Poor; 5 stars = Excellent)

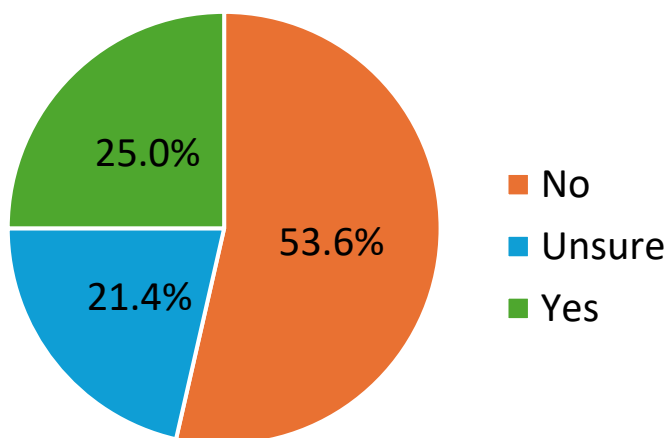


Survey Question 16: How would you rate the affordability of healthcare services in your community? (1 star = Poor; 5 stars = Excellent)



Survey Results

Survey Question 17: Are you aware of efforts to address Obesity in your community in the last 3 years?



Survey Question 18: If yes, please share comments or observations about the positive changes you have seen in the community.

Themes from Comments (9 responses):

1. Health fairs, exercise programs, and education (4)

- ☐ OP Cardiology department speaks with patients regarding the hazards of obesity and provide advice for losing weight – healthy eating and exercise (2)
- ☐ Health Fairs to address Obesity how healthy eating can help. Exercises programs to help with obesity

1. Educate the public advocating for healthy eating and exercise routines

2. Increase in people seen at RRHS obesity clinic (2)

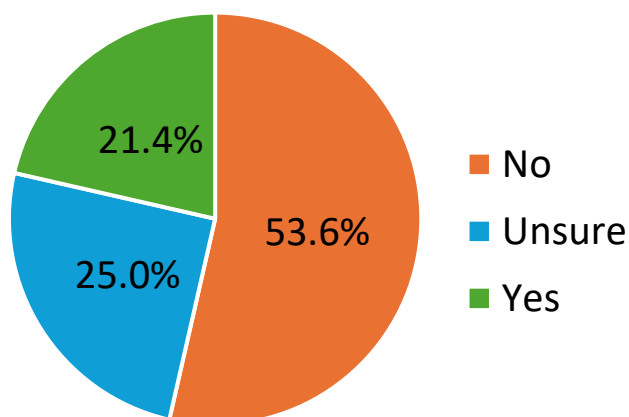
- ☐ Weight loss clinic marketing

Additional Comments:

- Chef is offering more healthful options in the cafeteria
- Not aware
- Recruitment of additional providers to provide primary care in the community
- Wellness program for employees through Vitality with step challenges

Survey Results

Survey Question 19: Are you aware of efforts to address Prevalence of Diabetes in your community in the last 3 years?



Survey Question 20: If yes, please share comments or observations about the positive changes you have seen in the community.

Themes from Comments (7 responses):

1. Education (3)

- ☐ Educate public related to diabetes and the impact of healthy lifestyles
- ☐ Working in cardiology we see diabetic patients quite often. We talk to them about how important it is to control their diabetes so that it does not affect their heart along with other body systems.

2. Health fairs (2)

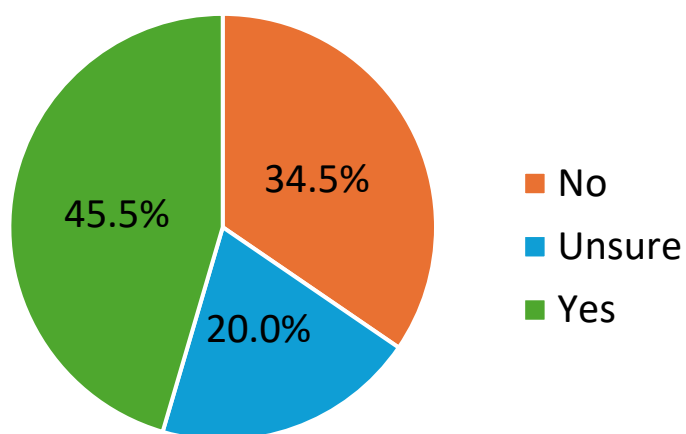
- ☐ Participate in community outreach events educating and connecting the community to resources

Additional Comments:

- Need an endocrinologist in the area
- RR was present at some community events

Survey Results

Survey Question 21: Are you aware of efforts to address Prevalence of Heart Disease in your community in the last 3 years?



Survey Question 22: If yes, please share comments or observations about the positive changes you have seen in the community.

Themes from Comments (11 responses):

1. Health fairs/Outreach events & education (6)

- ☐ Participate in community outreach events educating and connecting the community to resources
- ☐ Educate patients daily by not only talking to them but also showing pictures and using large scale plastic hearts to show them different areas of the heart and what they do.

2. Access to cardiology and rehab (5)

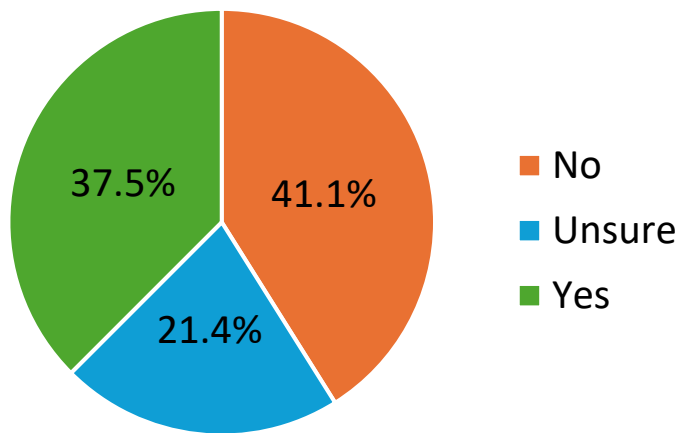
- ☐ Utilization of cardiac rehab to educate on healthy eating and exercise

Additional Comments:

- Cardiac cath lab STEMI program
- Cardiology provider recruitment
- Heart failure clinic
- Learning about the new programs at Rutherford Regional stemming around heart care from hospital employees and the community.
- Some new heart services were introduced

Survey Results

Survey Question 23: Are you aware of efforts to address Food Insecurity in your community in the last 3 years?



Survey Question 24: If yes, please share comments or observations about the positive changes you have seen in the community.

- Themes from Comments (8 responses):**
- 1. Community garden – Ruff’ton Roots (5)
 - 2. Backpack assistance at schools (4)
 - 3. Food pantries (including through local churches) (2)

- Additional Comments:**
- Free meals at the Senior Center as well as Meals on Wheels
 - Support in drives to provide food and personal items to a local shelter

Survey Results

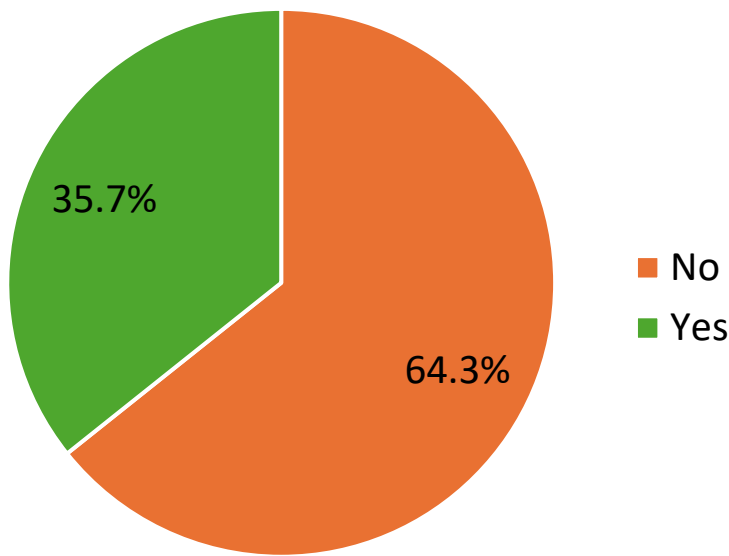
Survey Question 25: Which services do you use for basic health needs? (Select all that apply)

Services Utilized for Basic Health Needs	% of Total Votes
My primary care or family physician	45.1%
Urgent care center	18.6%
Hospital (including ER)	15.0%
Alternative healthcare providers (chiropractors, etc.)	13.3%
School/university nurse	1.8%
Health department	0.9%
I do not have a healthcare provider	3.5%
Other*	1.8%

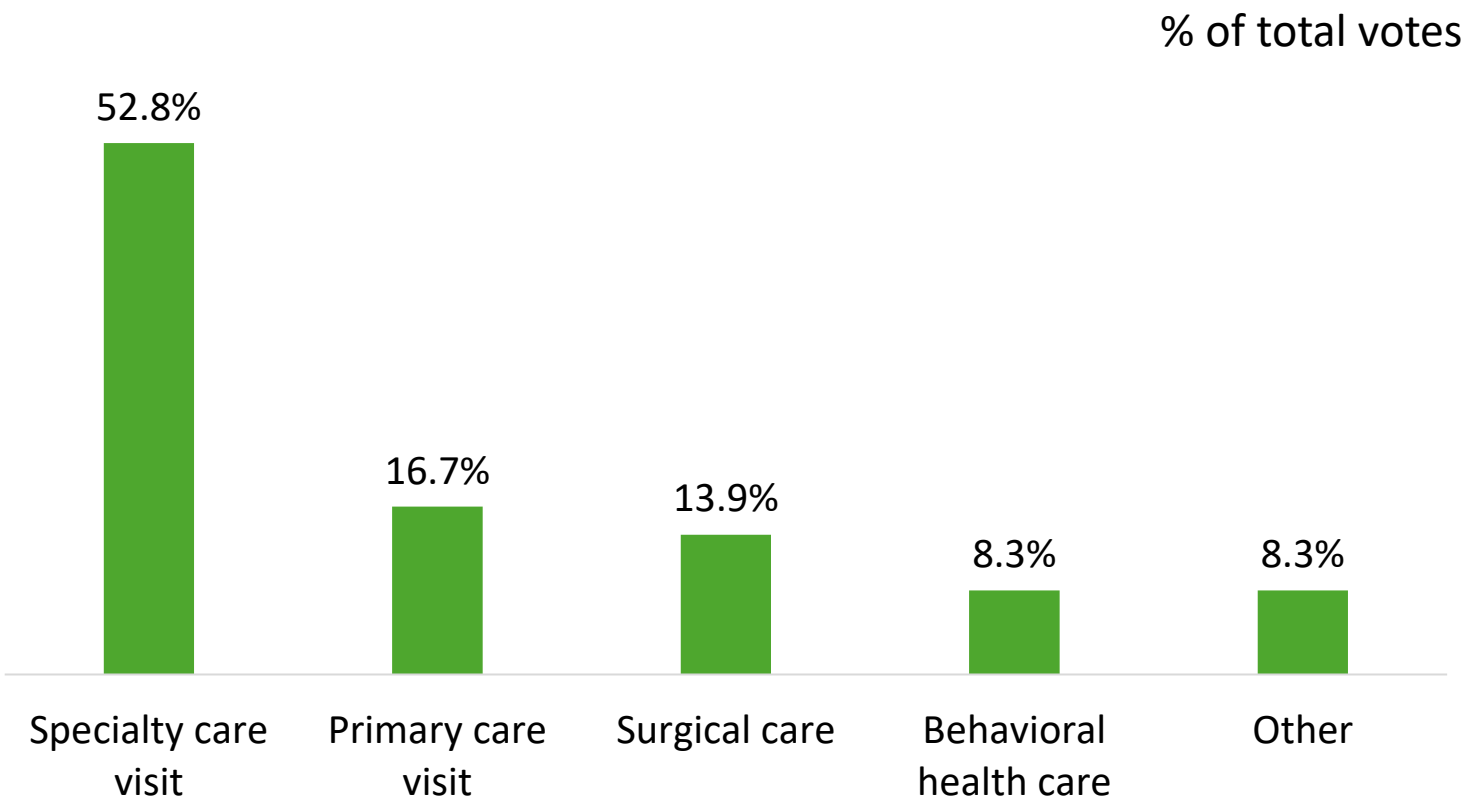
**Other – Veterans Affairs and telemedicine*

Survey Results

Survey Question 26: In the last 12 months, have you received healthcare outside of your community?



Survey Question 27: Which of the following services did you receive outside the community? (Select all that apply)



Survey Results

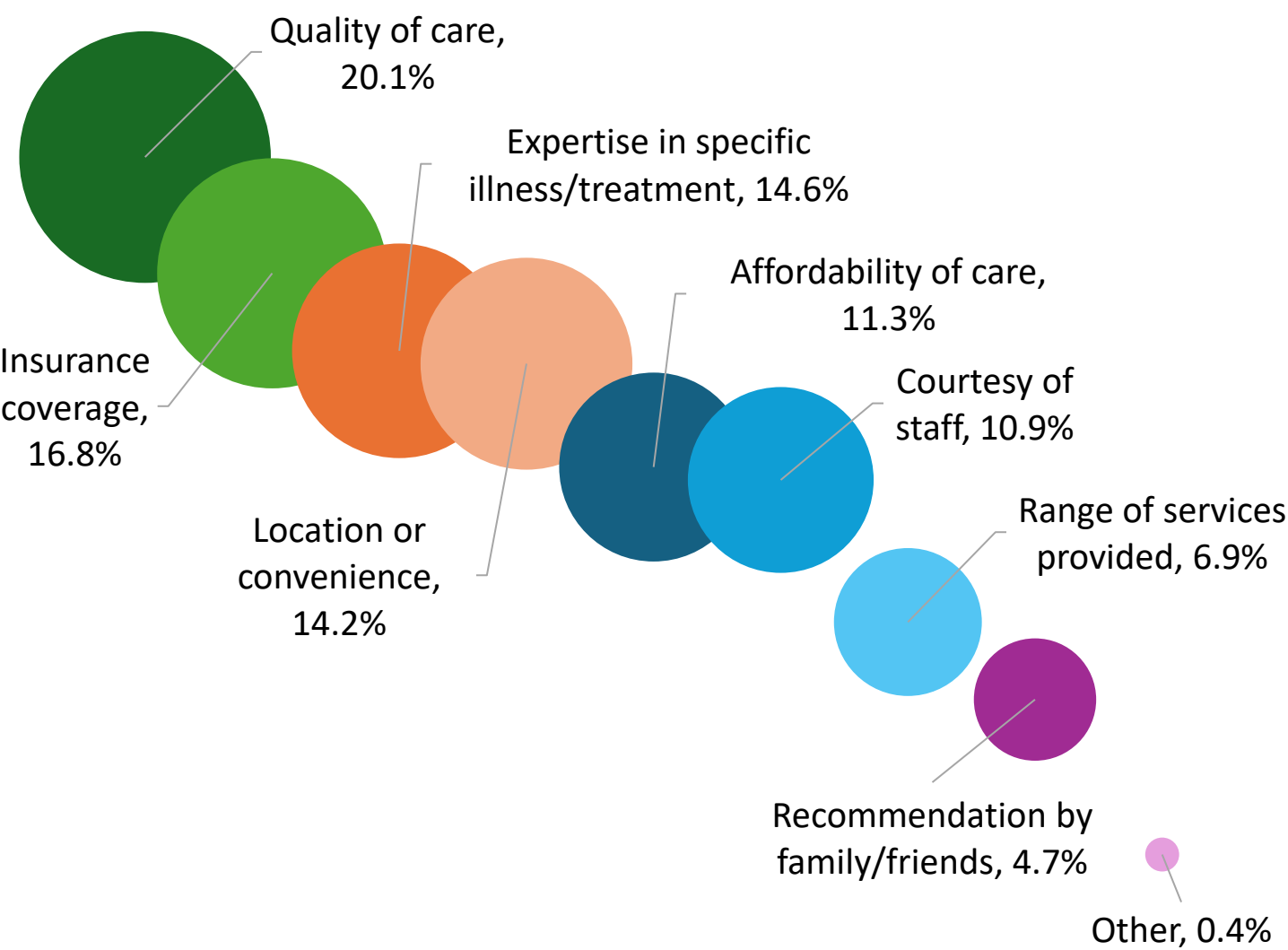
Survey Question 28: If you selected yes to seeking specialty care or surgical care outside the community, please specify what services you are seeking.



Survey Results

Survey Question 29: What do you consider to be the most important when considering a healthcare provider? (Select all that apply)

(% of total votes)



Other = system I would be referred to if I needed specialty care or surgery

Survey Results

Survey Question 30: Which of the following public health services should Rutherford Regional Health System and its community partners focus on improving? (Select all that apply)

