

Community Health Needs Assessment September 2019

## St. Bernards Medical Center

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#### Contents

Introduction	
Acknowledgments	1
Summary of Community Health Needs Assessment	2
General Description of the Medical Center	2
Community Served by the Medical Center	3
Defined Community	3
Community Characteristics	3
Community Population and Demographics	3
Socioeconomic Characteristics of the Community	4
Health Status of the Community	6
Health Outcomes and Factors	8
Health Care Resources	10
Hospitals and Health Centers	10
Medical Center Market Share	11
Other Health Care Facilities and Providers	12
Key Interviewees	12
Methodology	12
Key Interviewee Interview Results	13
Evaluation of Response to 2016 CHNA	14
Identification and Prioritization of Identified Health Needs	17
Appendices	
Appendix – Northeast Arkansas Resource Directory	A
Appendix – Key Interviewee Questionnaire	В
Appendix – Sources	C



#### Introduction

As a result of the Affordable Care Act, tax-exempt hospitals are required to assess the health needs of their communities and adopt implementation strategies to address significant identified needs. Compliance with section 501(r) of the Internal Revenue Code (IRC) requires, in part, that a tax-exempt hospital facility:

- Conduct a community health needs assessment every three years.
- Adopt an implementation strategy to meet the significant community health needs identified through the assessment.
- In each subsequent assessment, evaluating the impact of previous implementation strategies on identified needs.

The community health needs assessment must take into account input from persons who represent the broad interest of the community served by the hospital facility, including those with special knowledge of or expertise in public health, as well as those representing medically underserved, low-income or minority populations. The hospital facility must make the community health needs assessment widely available to the public.

This community health needs assessment is intended to document St. Bernards Medical Center's compliance with IRC Section 501(r)(3). Health needs of the community have been identified and prioritized so that St. Bernards Medical Center (the Medical Center) may adopt an implementation strategy to address specific needs of the community.

#### The process involved:

- A comprehensive evaluation of the implementation strategy that was developed as a result of the initial community health needs assessment conducted in August 2016.
- Collection and analysis of a large range of data, including demographic, socioeconomic and health statistics, health care resources and patient use rates.
- Interviews with key informants who represent a) broad interests of the community, b) populations of need or c) persons with specialized knowledge in public health.

This document is a summary of all the available evidence collected during the initial cycle of community health needs assessments required by the IRS. It will serve as a compliance document as well as a resource until the next assessment cycle.

This community health needs assessment was prepared in cooperation with Encompass Health Rehabilitation Hospital of Jonesboro (Encompass). The Medical Center owns a 50% interest in Encompass. Encompass provides inpatient and outpatient rehabilitation services to residents of the same geographic area served by the Medical Center. Issues particularly relevant to the services provided by Encompass have been noted throughout this needs assessment.

#### Acknowledgments

The community health needs assessment research team would like to thank all those who contributed to the community health assessment described herein. We are grateful for the many key informants that gave their time and expertise to inform both the direction and outcomes of the study. We greatly appreciate the contribution of their stories.



#### Summary of Community Health Needs Assessment

The purpose of the community health needs assessment is to help further the Medical Center's understanding of the health needs of the community and to document compliance with the federal laws outlined above.

The Medical Center engaged **BKD**, **LLP** to conduct a formal community health needs assessment. BKD is one of the largest CPA and advisory firms in the United States, with approximately 2,700 partners and employees in 40 offices across 18 states. BKD serves more than 4,000 healthcare entities across the country. The community health needs assessment was conducted from May 2019 through August 2019.

Based on current regulations and other guidance from the U.S. Treasury Department and the IRS, the following steps were conducted as part of St. Bernards Medical Center's community health needs assessment:

- An evaluation of the impact of actions taken to address the significant health needs identified in the 2016 community health needs assessment was completed to understand the effectiveness of the Medical Center's current strategies and programs. This evaluation is included at Page 14.
- Population demographics and socioeconomic characteristics of the community were gathered and
  reported utilizing various third parties (see references in Appendices). The health status of the
  community was then reviewed. Information on the leading causes of death and morbidity
  information was analyzed in conjunction with health outcomes and factors reported for the
  community by CountyHealthrankings.org. Health factors with significant opportunity for
  improvement were noted.
- An inventory of health care facilities and resources was prepared.
- Community input was provided through interviews of 71 stakeholders, including those with special knowledge of or expertise in public health, as well as those representing medically underserved, low-income or minority populations. Results and findings are described in the Key Interviewee portion of this report.
- Information gathered in the above steps was analyzed and reviewed to identify health issues of uninsured persons, low-income persons and minority groups and the community as a whole. Health needs were then prioritized taking into account the perceived degree of influence the Medical Center has to impact the need and the health needs impact on overall health for the community. Information gaps identified during the prioritization process have been reported.

#### General Description of the Medical Center

The Medical Center is a nonprofit organization located in Jonesboro, Arkansas. A 13-member board of governors directs the Medical Center and ensures that the strategic direction of the hospital consistently meets the health care needs of the people which it serves.

The Medical Center strives to provide high-quality outpatient and inpatient health care services to the community it serves. The Medical Center is known for providing advanced technology across a diverse range of care, treatment, and services.



#### **Community Served by the Medical Center**

The Medical Center is located in the city of Jonesboro, Arkansas, in Craighead County. Jonesboro is located approximately two hours northeast of Little Rock, Arkansas.

#### **Defined Community**

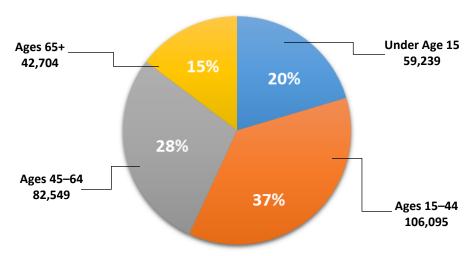
A community is defined as the geographic area from which a significant number of the patients utilizing hospital services reside. While the community health needs assessment considers other types of health care providers, the Medical Center is the single largest provider of acute care services in Craighead and the surrounding counties. For this reason, the utilization of Medical Center services provides the clearest definition of the community. During the initial community health needs assessment process, an analysis of inpatient discharges and outpatient visits was performed to determine where the Medical Center's patients resided. According to 2019 analysis, the service area remains the same as 2016. The analysis showed that the large majority of the Medical Center's patients were from Clay, Craighead, Cross, Greene, Lawrence, Mississippi, Poinsett, and Randolph Counties, all located in northeastern Arkansas.

#### **Community Characteristics**

#### Community Population and Demographics

The community served by the Medical Center is a primarily rural area in northeast Arkansas. According to 2018 projections based on the most recent U.S. Census Bureau estimates, about 291,000 people live in the eight counties included in the community. The Medical Center is located in Jonesboro, Arkansas, which is the largest city in the community with a population of around 76,000 people.

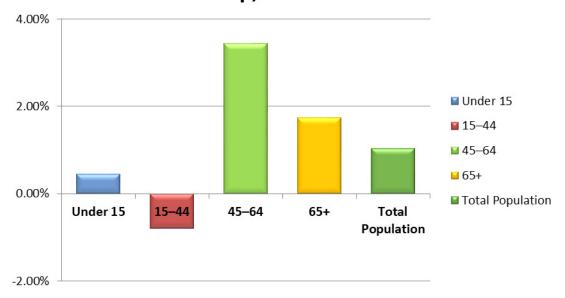
## **Community Population by Age Group**





A major distinguishing feature of the Medical Center's community is the age breakdown of this population. The chart on the pervious page shows the breakdown of the community's population by age group. According to the U.S. Census Bureau, about 43% of the community's population is 45 and older. These particular age groups are expected to continue increasing over the next two years, as shown on the chart below. These age groups use more health services than any other, so the Medical Center should prepare for increased patient volume in the near future. The aging population will have particularly strong effect on Encompass, since this age group utilizes more health services than any other. Additionally, the percentage of the community population aged 15–44 is expected to shrink over the next two years, which could contribute to difficulties in recruiting enough care providers to manage the aging population. Both Encompass and the Medical Center should focus their future plans on making sure they are prepared to meet the needs of the aging population of their community.

## Projected Change in Population by Age Group, 2018–2020



#### Socioeconomic Characteristics of the Community

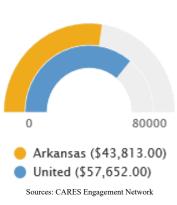
The socioeconomic characteristics of a geographic area influence the way residents access health care services and perceive the need for health care services within society. Factors such as educational attainment, poverty levels, unemployment rates and insurance coverage levels contribute significantly to the health status of a community.

Socioeconomically, the community served by the Medical Center is similar to many other parts of rural Arkansas. The following information has a population restriction of 25 years old and up. About 18% of the community's population has obtained a Bachelor's degree or higher, compared to about 31% of the U.S., while about 15% of the community's population does not have a high school diploma, compared to about 13% in the country as a whole. Lower levels of education have been linked to negative health outcomes, so the educational attainment of the community is relevant to the consideration of the health needs of the community.

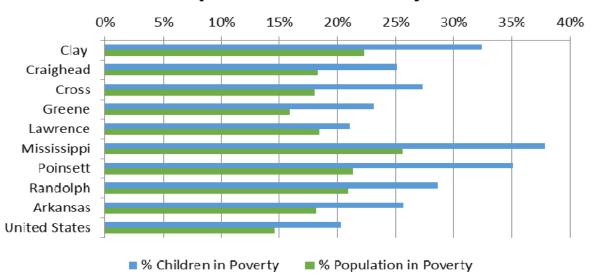


The income levels of individuals within the community also have a significant effect on their ability to access health services. The average median household income in the Medical Center's community is \$39,034 compared to \$43,813 for the state of Arkansas and \$57,652 for the United States. Lower than average median household income suggests that many members of the community may have difficulty obtaining health care, especially preventative care. Additionally, in some of the counties in the community, the levels of poverty are significantly higher than the rates in the state of Arkansas and the United States. The chart below shows the percentage of the communities' population living below the federal poverty line, with the percentage of children under age 18 shown separately. The specific health needs of low-income members of the community should be considered carefully throughout the preparation of this assessment.

#### Median Household Income



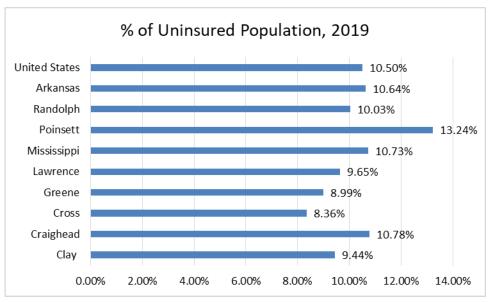
### Population in Poverty



Sources: CARES Engagement Network

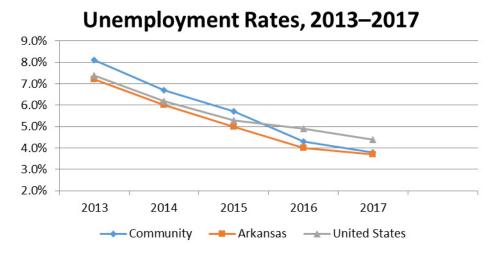
Some socioeconomic measures in the community have improved significantly since the publication of the 2013 and 2016 community health needs assessment. One such measure is the percentage of the community that is without health insurance coverage. Effective January 1, 2014, the *Patient Protection and Affordable Care Act* expanded health coverage for many Americans. Arkansas expanded Medicaid eligibility and created a program that allows federal expansion funds to instead be used to subsidize premiums for private commercial insurance policies for low-income Arkansans. Although the ACA mandate that required individuals to obtain health insurance coverage has been repealed, this legislation and the Arkansas Medicaid program continue to have an effect on the patient mix of the community. This program has had a significant effect on the patient mix of the Medical Center. The long-term impact of growth in insurance coverage on health needs cannot yet be assured.





Sources: CARES Engagement Network

Another socioeconomic measure that has been improving steadily over the past several years is the unemployment rate. The chart below shows that the unemployment rate of the community has been dropping sharply over the past four years, along with those of the state of Arkansas and the United States. As the economy improves and more people find employment, the socioeconomic status of the community should be strengthened and access to health care improved.



Source: CARES Engagement Network

#### **Health Status of the Community**

This section of the assessment reviews the health status of Clay, Craighead, Cross, Greene, Lawrence, Mississippi, Poinsett, and Randolph County residents. As in the previous section, comparisons are provided with the state of Arkansas. This in-depth assessment of the mortality and morbidity data, health outcomes, health factors and mental health indicators of the county residents that make up the community will enable the Medical Center to identify significant issues related to the health status of its residents.



Good health can be defined as a state of physical, mental and social well-being, rather than the absence of disease or infirmity. According to *Healthy People 2020*, the national health objectives released by the U.S. Department of Health and Human Services, individual health is closely linked to community health. Community health, which includes both the physical and social environment in which individuals live, work and play, is profoundly affected by the collective behaviors, attitudes and beliefs of everyone who lives in the community. Healthy people are among a community's most essential resources.

Numerous factors have a significant impact on an individual's health status: lifestyle and behavior, human biology, environmental and socioeconomic conditions, as well as access to adequate and appropriate health care and medical services. Studies by the American Society of Internal Medicine conclude that up to 70% of an individual's health status is directly attributable to personal lifestyle decisions and attitudes. Persons who do not smoke, who drink in moderation (if at all), use automobile seat belts (car seats for infants and small children), maintain a nutritious low-fat, high-fiber diet, reduce excess stress in daily living and exercise regularly have a significantly greater potential of avoiding debilitating diseases, infirmities and premature death.

The interrelationship among lifestyle/behavior, personal health attitude and poor health status is gaining recognition and acceptance by both the general public and health care providers. Some examples of lifestyle/behavior and related health care problems include the following:

Lifestyle	Impact on Health
Smoking	Lung cancer
E	Cardiovascular disease
	Emphysema
	Chronic bronchitis
Alcohol/drug abuse	Cirrhosis of liver
C	Motor vehicle crashes
	Unintentional injuries
	Malnutrition
	Suicide
	Homicide
	Mental illness
Poor nutrition	Obesity
	Digestive disease
	Depression
Lack of exercise	Cardiovascular disease
	Depression
Overstressed	25
5 ( 515 12 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	Mental illness
	Alcohol/drug abuse
	Cardiovascular disease



#### Health Outcomes and Factors

An analysis of various health outcomes and factors for a particular community can, if improved, help make that community a healthier place to live, learn, work and play. A better understanding of the factors that affect the health of the community will assist with how to improve the community's habits, culture and environment. This portion of the community health needs assessment utilizes information from County Health Rankings, a key component of the Mobilizing Action toward Community Health (MATCH) project, a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

The County Health Rankings model is grounded in the belief that programs and policies implemented at the local, state and federal levels have an impact on the variety of factors that, in turn, determine the health outcomes for communities across the nation. The model provides a ranking method that ranks all 50 states and the counties within each state, based on the measurement of two types of health outcomes for each county: how long people live (mortality) and how healthy people feel (morbidity). These outcomes are the result of a collection of health factors and are influenced by programs and policies at the local, state and federal levels.

Counties in each of the 50 states are ranked according to summaries of a variety of health measures. Those having high ranks, *e.g.*, 1 or 2, are considered to be the "healthiest." Counties are ranked relative to the health of other counties in the same state on the following summary measures:

- Health Outcomes rankings are based on an equal weighting of one length of life measure and four quality of life measures.
- Health Factors rankings are based on weighted scores of four types of factors:
  - Health behaviors (nine measures)
  - o Clinical care (seven measures)
  - Social and economic (nine measures)
  - Physical environment (four measures)

The timing of the data used to rank the countries varies among the measures depending on when comparative data becomes available. A more detailed discussion about the ranking system, data sources and measures, data quality and calculating scores and ranks can be found at the website for County Health Rankings (www.countyhealthrankings.org). As part of the analysis of the needs assessment for the community, the community counties will be used to compare the relative health status of the community to the state of Arkansas as well as to a national benchmark, if available. A better understanding of the factors that affect the health of the community will assist with how to improve the community's habits, culture and environment.

The following table, from County Health Rankings, summarizes the 2019 health outcomes and factors for the eight counties that comprise the majority of the community for the Medical Center. Measures underperforming the state average are highlighted in red.



Craighead County **Cross County Greene County** Lawrence County Mississippi County **Poinsett County** Randolph County Clay County Health Outcome/Factor Metric Rank Metric Rank Rank Metric Rank Metric Rank Metric Rank Metric Premature death - Years of potential life lost before age 75 per 100,000 population (age adjusted) 8.400 9.500 Poor or fair health - Percent of adults reporting fair or poor health (age-adjusted) 23% 21% 23% 21% 22% 27% 24% 21% 24% Poor physical health days - Average number of physically unhealthy days reported in 4.9 4.9 4.6 4.9 4.8 past 30 days (age-adjusted) Poor mental health days - Average number of mentally unhealthy days reported in past Low birthweight - Percent of live births with low birthweight (<2,500 grams) 9% 11% 8% 9% 9% 7% 9% 6% Adult smoking - Percent of adults who are current smokers 21% 21% 21% 21% 22% 20% 24% Adult obesity - Percent of adults (age 20 and older) that reports a BMI greater than or egual to 30 kg/m2 35% 32% 35% Food environment index – Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) 7.2 6.8 6.6 7.0 6.1 5.7 5.7 6.5 5.4 8.7 Physical inactivity - Percent of adults age 20 and over reporting no leisure-time physical activity 31% 38% 37% 34% 39% 38% 31% Access to exercise opportunities - Percent population with adequate access to locations for physical activity 40% 43% 72% 42% 65% Excessive drinking – Percent of adults that report binge or heavy drinking 14% 16% 14% 14% 13% 14% 13% 15% 16% Alcohol-impaired driving deaths - Percent of driving deaths with alcohol involvement 23% 14% 26% Sexually transmitted infections – Number of newly diagnosed chlamydia cases per 100K population 198.6 427.6 327.8 309.1 453.4 562 152. Teen birth rate – Number of births per 1,000 female population ages 15–19 59 38 51 54 39 67 57 52 41 Uninsured - Percent of population under age 65 without health insurance 9% 8% 9% 9% 9% 8% 8% 9% Primary care physicians - Ratio of population to primary care physicians 850:01:00 1,500:1 1.050:1 Dentists - Ratio of population to dentists 2,110:1 2,130:1 1,340:1 3.470:1 4.130:1 2,810:1 6.040:1 2,180:1 1,260: ental health providers - Ratio of population to mental health providers 400:1 270:1 350:1 460:1 310:1 Preventable hospital stays - Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees 4,656 5,075 Mammography screening - Percent of female Medicare enrollees age 65-74 that received an annual mammography screening 30% 26% 34% 35% 29% 35% 29% 35% 49% Flu vaccinations - Percent of fee-for-service Medicare enrollees that had an annual flu 48% 44% 52% vaccination High school graduation - Percent of ninth grade cohort that graduates in 4 years 93% 92% 96% 89% 93% 88% 93% 96% Some college - Percent of adults ages 25-44 years with some post-secondary education 47% 63% 42% 57% 48% 65% 57% Unemployment - Percent of population ages 16 and older unemployed but seeking work 4% 4% 4% 4% 3% 4% 4% Children in poverty – Percent of children under age 18 in poverty 20% 20% 33% 27% 23% 11% ncome inequality – Ratio of household income at the 80th percentile to income at the 4.7 4.6 4.2 4.1 4.8 48 20th percentile Children in single-parent households – Percent of children that live in a household 43% 36% 34% 34% 53% 47% 44% 36% Social associations - Number of membership associations per 10,000 population Violent crime - Number of reported violent crime offenses per 100,000 population 431 379 227 348 221 664 987 295 516 63 Injury deaths - Number of deaths due to injury per 100,000 population 103 71 94 94 112 99 88 81 57 Air pollution-particulate matter days – Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) 10.8 10.8 10.2 10.8 10.4 10.7 10.2 10 Severe housing problems - Percent of households with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities Driving alone to work - Percent of the workforce that drives alone to work 82% 80% 82% 83% 83% 83% 72% Long commute driving alone - Among workers who commute in their car alone, the 30% rcentage that commute more than 30 minutes 15% 21% 26% 15%



Based on this data, it is apparent that the community of counties has significant room for improvement. There are numerous areas where the counties fall in the lower 50<sup>th</sup> percentile of the 75 counties in Arkansas.

Clinical Care is the most urgent area, and while some of the counties have made a positive improvement since the last needs test, there is still more room for positive progress. Thus, this information represents that there are opportunities for the hospital to take positive steps toward improving the counties health.

#### **Health Care Resources**

The availability of health resources is a critical component to the health of a community and a measure of the soundness of the area's health care delivery system. An adequate number of health care facilities and health care providers is vital for sustaining a community's health status. Fewer health care facilities and health care providers can impact the timely delivery of services. A limited supply of health resources, especially providers, results in the limited capacity of the health care delivery system to absorb charity and indigent care, as there are fewer providers upon which to distribute the burden of such care. This section will address the availability of health care resources to the residents of the Medical Center's community.

#### Hospitals and Health Centers

The Medical Center has 329 beds and is the largest hospital in Craighead County. Approximately 34% of all discharges originating from the Medical Center's defined community are from the Medical Center. However, because the community spans a large geographic area, there are several other hospitals that receive a significant share of the community's patients. The chart below summarizes hospital services available to the residents of Clay, Craighead, Cross, Greene, Lawrence, Mississippi, Poinsett, and Randolph Counties:

	Summary of Area Hospitals		Miles from		Annual
		Facility Type	SBMC	Bed Size	Discharges
St. Bernards Medical Center	225 East Jackson, Jonesboro, AR 72401	Short-term acute care		329	16,929
Encompass Health	1201 Fleming Ave., Jonesboro, AR 72401	Rehabilitation	1	50	1,139
Arkansas Methodist Medical Center	900 W. Kings Hwy, Paragould, AR	Short-term acute care	21	114	3,929
St. Bernards Fiver Rivers Medical Center	2801 Medical Center Dr., Pocahontas, AR 72455	Short-term acute care	41	32	1,012
CrossRidge Community Hospital	310 Falls Blvd S, Wynne, AR 72315	Critical cccess	46	15	582
Great River Medical Center	1520 N Division St, Blytheville, AR 72315	Short-term acute care	53	138	7,981
Methodist Le Bonheur Healthcare	1265 Union Avenue, Memphis, TN 38120	Short-term acute care	73	1293	61,906
Baptist Memorial Hospital	6019 Walnut Grove Rd, Memphis, TN 38120	Short-term acute care	86	777	33,612
NEA Baptist Memorial Hospital	3024 Stadium Blvd., Jonesboro, AR 72401	Short-term acute care	4	100	10,431
Lawrence Memorial Hospital	1309 West Main, Walnut Ridge, AR 72476	Short-term acute care	33	25	196

The following is a brief description of the health services available at each of these facilities:

**NEA Baptist Memorial Hospital** – Located in Jonesboro, Arkansas, NEA Baptist is approximately five miles from St. Bernards Medical Center. It is a large hospital offering a full range of inpatient and outpatient services.

*Arkansas Methodist Medical Center* – Located in Paragould, Arkansas, Arkansas Methodist is approximately 35 minutes from Jonesboro. It is a large hospital offering a full range of inpatient and outpatient services.

*Encompass Health Rehabilitation Hospital of Jonesboro* – Located in Jonesboro, Arkansas, Encompass is approximately five miles from St. Bernards Medical Center. It offers both facility-based and homebased post-acute services.



*Five Rivers Medical Center* – Located in Pocahontas, Arkansas, St. Bernards Five Rivers is approximately one hour northwest of St. Bernards Medical Center. It is a local hospital offering inpatient and outpatient services.

*Lawrence Memorial Hospital* – Located in Walnut Ridge, Arkansas, Lawrence Memorial is approximately 30 minutes from St. Bernards Medical Center. It is a critical access hospital offering inpatient and outpatient services.

*Great River Medical Center* – Located in Blytheville, Arkansas, Great River is approximately one hour east of St. Bernards Medical Center. It is a critical access hospital offering inpatient and outpatient services.

*CrossRidge Community Hospital* – Located in Wynne, Arkansas, CrossRidge is approximately one hour south of St. Bernards Medical Center. It is a critical access hospital offering acute care services.

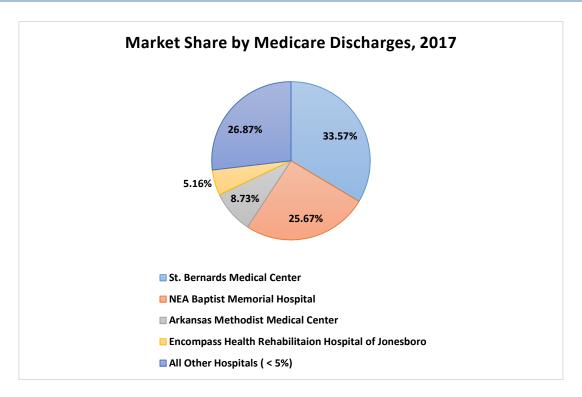
*Methodist Le Bonheur Healthcare* – Located in Memphis, Tennessee, Methodist Le Bonheur is approximately 1.5 hours southeast of St. Bernards Medical Center. It is a large hospital offering a full range of inpatient and outpatient services.

**Baptist Memorial Hospital** – Located in Memphis, Tennessee, Baptist Memorial is approximately 1.5 hours southeast of St. Bernards Medical Center. It is a large hospital offering a full range of inpatient and outpatient services.

#### Medical Center Market Share

The market share of a hospital relative to that of its competitors may be based largely services required by patients and the availability of those services at each facility. For this study, the market share of the Medical Center was considered based on the type of services required by those patients in the community. The ability to attain a certain relative market share (percentage) of the community varies based on a number of factors, including the services provided, geographical location and accessibility of each competing facility. The chart below presents the relative market share of each hospital that had discharges of residents from the community (Clay, Craighead, Cross, Greene, Lawrence, Mississippi, Poinsett, and Randolph Counties). This chart presents an analysis of data for the most currently available year, showing the percentage of total Medicare discharges from each hospital. This information provides an idea of summary market share as well as the outmigration of patients from the community. For 2017, the Medical Center maintained approximately 34% of all discharges from the community with NEA Baptist Memorial Hospital capturing about 26%, Arkansas Methodist Medical Center capturing around 9%, and Encompass capturing around 5% of all discharges. The remaining 27% percent of discharges is made up of numerous hospitals, each with less than 5% of the total community discharges.





Because Arkansas law prohibits the Arkansas Department of Health from providing hospital-specific discharge information, the data in the chart above was estimated based on Medicare discharges by zip code and hospital, which is available from the Centers for Medicare & Medicaid Services.

#### Other Health Care Facilities and Providers

The Medical Center's eight-county service area has numerous clinics and other organizations dedicated to improving the health and well-being of the community. A listing of available resources compiled by the United Way of Northeast Arkansas in conjunction with the Medical Center can be found in Appendix A.

#### **Key Interviewees**

Speaking with key interviewees (community stakeholders that represent the broad interest of the community with knowledge of or expertise in public health) is a technique employed to assess public perceptions of the county's health status and unmet needs. These interviews are intended to ascertain opinions among individuals likely to be knowledgeable about the community and influential over the opinions of others about health concerns in the community. Key interviewees included the county health department directors from each county in the Medical Center's community, as well as individuals who are knowledgeable about populations within the community whose health and quality of life may not be as good as others, such as representatives of organizations serving the medically indigent, children in poverty, or the elderly. Additional community stakeholders, such as local government and business leaders, were also interviewed.

#### Methodology

A survey with 71 key interviewees were conducted from May 2019 through July 2019. Interviewees were determined based on their specialized knowledge or expertise in public health or their involvement with underserved and minority populations.



All interviews were conducted by Medical Center personnel using a standard questionnaire. A copy of the interview instrument is included in Appendix B. A summary of their opinions is reported without judging the truthfulness or accuracy of their remarks. Community leaders provided comments on the following issues:

- Health and quality of life for residents of the community
- Barriers to improving health and quality of life for residents of the community
- Opinions regarding the important health issues that affect community residents and the types of services that are important for addressing these issues
- Delineation of the most important health care issues or services discussed and actions necessary for addressing those issues

Interview data was initially recorded in narrative form. Interviewees were assured that personal identifiers such as name or organizational affiliations would not be connected in any way to the information presented in this report. This technique does not provide a quantitative analysis of the leaders' opinions, but reveals community input for some of the factors affecting the views and sentiments about overall health and quality of life within the community.

#### Key Interviewee Interview Results

As stated earlier, the interview questions for each key interviewee were the same. The questions on the interview instrument are grouped into four major categories for discussion:

- 1. General opinions regarding health and quality of life in the community
- 2. Underserved populations and communities of need
- 3. Barriers
- 4. Most important health and quality of life issues

While many issues were raised during the interviews, a few items stood out as being mentioned consistently by nearly all of the interviewees. These issues are summarized below:

- On average, the interviewees were optimistic about the health status of the community. On a scale of 1 to 10, the interviewees rated the quality of life in the community an average of 6.1. Of the 71 interviews, 27, or 38%, felt that quality of life in the community had improved over the last three years, while 20, or 28%, felt it had stayed the same and 24, or 34%, felt that it had declined.
- The majority of the interviewees stated that the quality of life in the community had improved: the main comments provided noted that this was related to having more access to health services, and continued expansion of services.
- The majority of the interviewees noted that affordable and available health care, good schools, and job available were the main causes of the quality of life either staying the same, declining, or improving in their community.
- On average, 83% of the interviewees stated that low income were the main causes their health and quality of life had been negatively affected.
- The other major contributing factors to poor health in the community noted by the key interviewees were poor eating habits and tobacco use.



• The major health and quality of life issues noted by the key interviewees were diabetes, obesity, cancer, tobacco use and heart disease.

#### **Evaluation of Response to 2016 CHNA**

The Medical Center prepared an implementation strategy in response to the needs identified in its 2016 needs assessment. A listing of those needs, along with the steps taken by the Medical Center to address them, is below.

#### Obesity

- St. Bernards Weight Loss Clinic offers nutritional counseling for obesity and other health conditions using DietMaster Pro Software.
- o The Silver Sneakers program offered through the St. Bernards Health and Wellness Center provides physical activity options for the senior population.
- o The Medical Center offered seminars on bariatric surgery. Participants are educated on bariatric surgery and can decide if it is the right choice for their weight loss needs.
- The Medical Center implemented Jonesboro Police Department tactical training programs to provide physical training to improve fitness and health within the police department.
- o Fitness Programs offered to children of any level and sports training options provided for ages 6–17. These programs are offered both onsite at St. Bernard facility, and onsite at local schools through afterschool programs.
- The Medical Center posed a worksite wellness assessment for companies and industries in Northeast Arkansas to assess their needs to improve wellness programs in their facilities. The assessments includes review of onsite nutritional sources such as cafeteria options and vending options. It also includes review of daily job duties and work related injuries. St. Bernards faculty will then develop strategies to improve worksite wellness based on finding through reviews.
- The Medical Center implemented corporate wellness programs. The program includes health screenings and health coaching with education sessions and follow-ups.
- St. Bernards partnered with Gearhead to provide an event known as the "Get in Gear Event series." This series includes races with running, walking, swimming, and spinning.
- o Implemented a new program called the "Best Life Program" which consist of 6–12 weeks of class that includes circuit training, weights, and body exercises.
- The Medical Center sent Medical Exercise Referrals for exercise programs from physicians to send to patients within the community.
- o The Medical Center provided wellness screenings including: Cholesterol, Blood Pressure, Diabetes, Weight, BMI and health education by a nurse or health education specialist.
- St. Bernards provided Lunch and learns to focus on how to self-manage chronic illness and or identified health conditions. The Medical Center also provided a heart health diabetic friendly lunch.

#### Diabetes

The Medical Center's Diabetes Self-Management Center offers comprehensive diabetes education for both type 1 and type 2 diabetic patients, including face to face education and group classes.



- o St. Bernards recruited an Endocrinologist to provide care to the diabetic population.
- The Medical Center provided a Diabetes Empowerment Education Program (DEEP) trained and implemented in July 2016. The classes are facilitated by health promoters, community educators and other professionals. Classes are conducted based on participatory education methods and utilizes adult education and support group techniques to promote learning.
- o Implemented an Amputee clinic which provides access to Amputee specialty clinic that meets monthly at Encompass at 1201 Fleming Ave. All patients are welcome to attend this free service. Patients have access to an orthopedic surgeon, rehabilitation nurse, physical therapist, and prosthetic professional.
- Renal Education is provided to patients and families by the Registered Dietitian or Dietetic Technician.
- Access to clinics and primary care physicians
  - o The Medical Center collaborates with health care providers in our region on the recruitment of physicians to fill key vacancies, especially primary care providers.
  - The Medical Center develops partnerships within the region to provide specialty clinics throughout the community, so that those living in more rural areas can access care without having to travel to Jonesboro.
  - o St. Bernards has established many clinics that makes living in a rural area more accessible to care.

#### Heart Disease

- o Provided Heart and Vascular Screenings.
- Implemented a new program to where patients now have access to a Stroke Support Group that meets monthly.
- The Medical Center is developing a specialized cardiovascular Physical Therapist Assistant to provide a training program to include certification.
- Women's Heart Health educational programs provide women with information on how to recognize risk factors for heart disease, how to modify one's lifestyle to reduce risk of heart disease, and how to recognize signs and symptoms of heart disease in women.
- o The Heart Club Support Group provides ongoing education and support to those dealing with heart disease.
- The Healthy Heart education is provided to patients and families by the registered dietitian and encourages individuals to make better low sodium choices to affect blood pressure control.
- CPR and AED education is provided to community members to allow cardiac arrest to be immediately treated.
- o STEMI education is provided to community members to educate people on the signs of a heart attack and when to call 911, and to emergency medical personnel on the management of emergency care for a patient presenting with signs of a heart attack.

#### • Senior Care

- o St. Bernards Senior Service currently provides many housing options that include:
  - Benedictine Manor



- St. Bernards Village
- St. Bernards Villa
- Alzheimer Unit
- The Medical Centers Senior Life Centers provide active meeting places, and education opportunities. The centers provide transportation, and much more.
- o The Medical Center Senior Health Clinic provides health assessments, consultations and treatment for senior adults.
- St. Bernards has posed a Day Place which provides daylong care for senior adults who cannot be left unintended during the day but do not require 24 hr. care.
- Total Life Healthcare is a managed care program, bringing PACE (Program of All-Inclusive Care for the Elderly) to specific zip codes within a seven county service area. Total Life Healthcare provides a combination of Medicaid and Medicare services to the elderly.
- St. Bernards supports "Media-Pak" which offers affordable coverage and prescription drug coverage.
- O Devolved a program called "Meals Express". The program was designed to give assistance to those who need help with meals in their homes.
- The Medical Center holds a "Health Fair" to give seniors in the service area information on the many services St. Bernards has to offer for aging citizens.
- The community has access to free health screening that are held at senior center's in NE Arkansas to detect, educate and provide medical follow up's as needed for chronic disease prevention.
- Services such as vaccine clinics are availed so elderly residents no longer have to be transported out to clinics.
- Provides Programs such as the "Silver Sneaker and "Silver and Fit Programs to provide numerous physical activity options for the senior's in the area.
- Community has access to Encompass Language Pathology Department, which is designed to provide assessments and treatments to senior adults with swallowing issues.

#### Cancer

- St. Bernards Cancer Treatment Center is the first facility of its kind in the service area. St. Bernards devolved this center in response to a need in the community. It provides many services, many free cancer screenings to the community.
- Devolved "The Cancer Navigation Team" which was put in place to help you in numerous ways. Some example include:
  - Guiding you through the health care system
  - Advocating on your behalf to enhance your communication with healthcare staff and providers
  - Working with you to find the resources and support your needs
  - Etc....
- o The Medical Center provides a Woman's Health Mobile Mammography Unit for free mammograms for those individuals who cannot afford it.



- o Implanted a grant funded program called "Breast Assured Program" that allows individuals who do not have health insurance, or Medicare or Medicaid to seek care.
- St. Bernards participates in National Cancer Survivors Day, which is an event that is recognized nationally, and allows individuals to receive one on one time with physicians/nurses/therapist.
- o St. Bernards supports the determination of lung cancer screening to be conducted annually, and offers this service to adults that meet the criteria.
- St. Bernard Health and Wellness offers a program called "Cancer Rehabilitation Exercise program" that is designed for cancer patients. The program will improve quality of life while helping to boost the immune system during and after treatment.
- St. Bernards Cancer Treatment Program provides dietary education to patients of the St. Bernards Cancer Center. This program is free of charge.
- St. Bernards Flo and Phil Jones Hospice House in Jonesboro, Arkansas offers residential care for hospice patients in Northeast Arkansas.
- The Medical Center founded Encompass Lymphedema Program, which is a comprehensive inpatient and outpatient program and provides assessments and treatments including light exercises and specialized wrapping techniques to reduce swelling due to fluid build-up.

#### Tobacco Use

- The Medical Center is involved in several youth outreach programs to educate children on the dangers of tobacco use.
- The Medical Center supports local anti-smoking policies, including the establishment of smoke-free zones.
- The Medical Center promotes smoking cessation through media such as radio ads, newspaper ads and social media.
- o Education on cessation resources is provided to the community through several grants and organizations, including classes presented in the community upon request.

Because population health data takes time to become publically available, it is difficult to quantitatively assess the impact of actions taken by the Medical Center in response to the previous needs assessment. However, there are indications that the Medical Center's efforts are having a positive effect on the health of the community. For example, the number of uninsured patient encounters at the Medical Center dropped 14% from 2016 to 2017, as discussed on Page 5 of this needs assessment. The Medical Center believes that as it continues to work to meet the health needs of the community, further gains will be made in these and other areas where a need has been identified.

#### **Identification and Prioritization of Health Needs**

Based on a review of the data gathered during this assessment, including leading causes of death, rankings of health outcomes and factors as well as surveys and interviews, numerous health needs were identified. These needs were prioritized and evaluated to determine which were significant to the community. The criteria included the numbers of persons affected, the seriousness of the issue, whether the health need particularly affected persons that were children, adults, or seniors, and what needs to be done to address these issues.



As a result, the following list of significant health and quality of life issues were identified:

- 1. Obesity
- 2. Diabetes
- 3. Heart disease
- 4. Cancer
- 5. Depression

The Medical Center will develop an updated implementation strategy to address the needs identified during the community health needs assessment. This assessment will be made publicly available on the Medical Center's website. Public comments on this assessment may be directed to the Medical Center's management at 225 East Jackson Avenue, Jonesboro, Arkansas 72401.



### **APPENDICES**



# APPENDIX A NORTHEAST ARKANSAS RESOURCE DIRECTORY



## **RESOURCE DIRECTORY**





## **TABLE OF CONTENTS**

Abuse
Aging
Alcohol, Drugs, Counseling4–6
Clothes, Food
Consumer Problems9
Disabilities9-11
Disaster11
Education11-14
Emergency Services
Employment14
Housing15
Information
Legal16
Medical
Rental Assistance
Shelter
Support Groups20-21
Transportation
Utilities
Youth
Frequently Used Resources24

## Printed courtesy of St. Bernards Healthcare

## **ABUSE**

Version: 2012

www.aradultprotection.com	
AR Child Abuse Hotline1-800-482-5964 www.arkansas.gov/reportARchildabuse	
AR Coalition Against Domestic Violence (info	
only)1-800-269-4668 CASA (Court Appointed	
Special Advocate-for children) 511 Union Suite 327, Jonesboro, AR 72401 935-1099 104 W. Main, Paragould, AR 72450	
Department of Children & Family Services (DCFS) 	
Department of Human Services (DHS) 	
National Domestic Violence	
Hotline1-800-799-3224 Rape &	
Victim Assistance	
972-9593 511 Union Suite 342, Jonesboro, AR 72401	
Report Child Abuse or Neglect	
Women's Crisis Center (NEA Council on Violence)	
AGING	
AARP	

### www.aarp.org/states/ar

East Arkansas Area Agency on Aging	-800-680-
Hoxie - 500 SW Lawrence, 72433	886-
2460 Jonesboro - 2005 East Highland, 72401	972-
5980 Paragould - 120 W. Highland, 72450	236-
3903 Piggott - 215 N. 2nd, 72454	598-
2939 Pocahontas - 1320 Dalton, 72455	
5451 Trumann - 351 Campbell St., 72472	
2532 Wynne - 1412 S. Falls Blvd., 72396	
3816 www.e4aonline.com	230
Black River Area Development	802_ <i>151</i> 7
1403 Hospital Drive, Pocahontas, AR 72455	374-73 <b>7</b> (

AGING (continued)

Aonto (continueu)
Caraway Senior Life Center
3384 305 New York Ave. Caraway, AR 72419
Center on Aging Northeast
DHS, Division of Aging and Adult Services
Harrisburg - 406 North Illinois, 72432
2920 McClellan Drive, Jonesboro, AR 72401
Newport - 3rd and Hazel Street, 72112
Paragould - 809 Goldsmith Road, 72451
Pocahontas - 1408 Pace Rd.72455
Piggott - 187 North Second, 72454
Walnut Ridge - 400 Northwest Fourth Street, 72476
Eldercare Locator (Referral Assistance) 1-800-677-1116
Monette Senior Citizens Center
2480 504 South Williams Monette, AR 72447
Senior Citizen's Center 932-
8920 1210 South Church, Jonesboro, AR 72401
Social Security
1213 http://www.socialsecurity.gov/
St. Bernards Day Place
700 East Washington, Jonesboro, AR 72401
St. Bernards Senior Services www.sbrmc.com/centers-of-excellence/senior-services/
St. Bernards Senior Life Center
(Nutrition, transportation, adult care, socialization & activity opportunities) 700 East Washington, Jonesboro, AR 72401

## ALCOHOL, DRUGS, COUNSELING

Agape House 236-1188 9 Greene Road 937, Paragould, AR 72450-9160	
Alcoholics Anonymous (AA). 933-1518 2901 W. Washington Jonesboro, AR 72401	
AL A Teen. 933-1518 200 W. Matthews Jonesboro, AR 72401	
Arkansas Baptist Family & Child Care Services	5-

ALCOHOL, DRUGS, COUNSELING (continued)
ASU Counseling Center
Better Life Counseling Center 1605 James Street, Jonesboro, AR 72401
5433 www.betterlife.org
Celebrate Recovery 7th & Mueller Church of Christ
Concepts of Truth, Inc
202 Commercial Avenue East, Wynne, AR 72396 http://conceptsoftruth.org/
Consolidated Youth Services (youth 8-18 & their families) 972-1110 4220 Stadium Boulevard, Jonesboro, AR 72401
Families Inc Ash Flat - 75 Hwy 62/412, Ste. J, 72513 994-7060 or 877-595- 8869
Jonesboro - 4508 Stadium Boulevard, 72401
Paragould - 211 N 23rd St, Ste 6, 72450
Pocahontas - 2305 Old County Rd, 72455 892-1005 Trumann - 1704 Hwy. 69 W, 72472
Walnut Ridge - 1425 W. Main St, 72476
http://familiesinc.net
First Baptist Church ~ Celebrate Recovery
Hispanic Community Services, Inc
72401 www.jhcsi.org
Lakeside Behavioral Hospital (inpatient and outpatient)

Life Strategies Counseling Jonesboro - 1217 Stone Street, 724O1 972-1268 Paragould - 1715 Linwood Dr, 72450	236-
Mid-South Health Systems (outpatient) Corning - 602 David, 72422	.857-
Jonesboro - 2707 Browns Lane, 72401	972-
4000 Paragould - #28 Southpointe Dr., 72450	239-
2244 Pocahontas - 2560 Old County Road, 72455	892-

ALCOHOL, DRUGS, COUNSELING (continued)
Mid-South Health Systems continued from page 5 (outpatient) Walnut Ridge - 102 S. Larkspur, 72476
NEA Regional Recovery Center 932-0228 6009 C. W. Post Road, Jonesboro, AR 72401
New Beginnings PNC (Lawrence County)994-5433 23 W. Main Ash Flat, AR 72513
Out of the Dark
Randolph County Cornerstone Coalition
St. Bernards Behavioral Health (inpatient/outpatient)
CLOTHES, FOOD  7th & Mueller Church of Christ
9442 1000 South Seventh Street, Paragould, AR 72450 http://7thandmueller.com
American Red Cross (natural disasters/ house fires)
Agape Mission Outreach 857-1520 501 SW 2nd St, Corning, AR 72422 • Available by appointment
Angel Food Ministries
Bay First Baptist Church
Black River Area Development

Black Rock Sr. Center	878-
491 Elm Street, Black Rock, AR 72415 • Monday-Friday 7:30-1:00	
Brookland Church of Christ	932-
Brookland United Methodist (food only)	3501

Campus Outreach Ministry (Greene County only)
Cherry Valley Food Pantry
Deliverance Family Worship
First Baptist Church (Piggott only)
First Baptist Church Care Center
First Baptist Church of Bay (food only)
First General Baptist
First United Pentecostal (food only)
Fisher United Methodist Church
Food Bank of Northeast Arkansas, referral only
Good Samaritan Outreach (CRDC)
Good Shepherd Center

Tuesday 10:00-3:00 and Friday 1:00-4:00	
Harrisburg 1st United Methodist	578-
204 S. Main, Harrisburg, AR 72432	
Helping Hands Outreach	208-
113 E Merriman Ave, Wynne, AR 72396	
Helping Neighbors Food Pantry7298	935-
900 W. Huntington, Jonesboro, AR 72401 • Monday-Thursday 10:00-	-2:00

## **CLOTHES, FOOD (continued)**

Lake City First Baptist
700 4th St, Lake City, AR 72437 • Available by appointment
Lawrence Co. Resource Council (food only)
Magnolia Rd Baptist Church (food only)
Miller's Temple Church of God in Christ
Mission Outreach of NEA (food, shelter)
901 East Lake St, Paragould, AR 72450 • call in advance
NARAN (HIV positive clientele only)
Nettleton Baptist Church
New Testament Mission
New Vision Worship Center
Power of Freedom Ministries
Project New Start
Salvation Army (Emergency services, food, clothes, shelter) 800 Cate, Jonesboro, AR 72401 • Monday-Friday 9:00-4:00

Salvation Army (Lawrence, Randolph, and Sharp Counties only) 109 West Everett Street, Pocahontas, AR 72455
Social Security (for disabled, retired, widowed)
Southwest Church of Christ
Strong Tower Church

CLOTHES, FOOD (continued)
Victory General Baptist
6018 1611 Duncan Road, Jonesboro, AR 72401
W. I. C.( Food for pregnant women and children)
Weiner United Methodist
218 N Van Buren Street, Weiner, AR 72479
Wynne Church of Christ
916 E Bridges, Wynne, AR 72396 • Available by appointment
CONSUMER PROBLEMS
Attorney General (Consumer complaint)
8982 Better Business Bureau
8448
Consumer Credit Counseling Services 1-800-966-3328
DISABILITIES
Abilities Unlimited (developmental disabilities) 2725 North Church, Jonesboro, AR 72401 932-1551 6002 W. Kings Hwy. Paragould, AR 72450
AR DHS Division of Services for the Blind and Physically Handicapped 268-2230 2920 McClellan Drive, Room 1106, Jonesboro, AR 72401
AR School for the Blind
1810 2600 Markham Street, Little Rock, AR 72203 www.arkansasschoolfortheblind.org
AR School for the Deaf
(V/T) 2400 W. Markham Little Rock, AR 72203 http://arschoolforthedeaf.org

AR Spinal Cord Commission 268-0425 2920 McClellan Drive, Jonesboro, AR 72401 www.spinalcord.ar.gov
East Arkansas Area Agency on Aging (Alzheimer's, arthritis)
ASU Speech & Hearing (provides evaluation at low cost)

## **DISABILITIES (continued)**

DISABILITIES (Continueu)
Christian Record Services for the Blind
Civitan Civic Club (supports services for disabled children)
7085 Deaf and Hearing ImpairedTTY-972-
1204/972-0025 2920 McClellan Drive, Jonesboro, AR 72401
Early Connections LLC (Clay Craighead Greene Lawrence Ring)262553711 Greene 721 Rd Paragould, AR 72450
FOCUS, Inc (developmental disabilities 2809 Forest Home Road, Jonesboro, AR 72401 935-2750/1-888-247-3843
717 N. Pruett St. Paragould, AR 72450 236-1400 904 Speedway Trumann, AR 72427 483-7942 http://focusar.com
Encompass Health Rehabilitation Hospital of Jonesboro 932-0440 1201 Fleming, Jonesboro, AR 72401
Home Health Care
ICAN (used equipment exchange for anyone with a disability) 1-800828-2799 21 Corporate Hill Drive, Little Rock, AR 72205 www.ar-ican.org
Jackson County Learning Center
Jonesboro Human Development Center
Life Skills Center
217 East Cherry, Jonesboro, AR 72401 www.childrenstherapysvs.com
Lifeline (St. Bernards Senior Life Center)
Lions World Services for the Blind 800-248-0734 2811 Fair Park Blvd., Little Rock, AR 72204
Mid-South Lions Sight & Hearing Service

www.midsouthlions.org

Network of Community Options (Craighead, Lawrence, Randolph).........612-5900
PO Box 356 Ashflat, AR 72513

DISABILITIES (continued)
Rehabilitation (job readiness & placement) 972-0025 2920 McClellan Drive, Jonesboro, AR 72401
Special Olympics 501-771-0222 2115 Main St North, Little Rock, AR 72114-2835
St. Bernards Health-Line (referrals)
The Learning Center (developmental disabilities)
TTY Referral Service 972-0117 3024 Stadium Blvd., Jonesboro, AR 72401
United Cerebral Palsy of Arkansas
DISASTER
American Red Cross (food, emergency shelter)
County Emergency Services Clay - 151 S. 2nd Ave Piggott, AR 72454
Craighead - 511 Union Street, Jonesboro, AR 72401
Greene 320 W. Court #107 Paragould, AR 72450
Jackson
Lawrence886-
5750 Poinsett - 401 Market St. Harrisburg, 72432
4455 Randolph 176 Clover Rd. Pocahontas, AR 72455 892-5264
Salvation Army (Food, shelter & clothing)
EDUCATION
ACQUIRE (info regarding child care locations)

3055 615 University Loop East, Jonesboro, AR 72401

Area Vo-Tech (at Jonesboro Public Schools) 5891 1727 South Main, Jonesboro, AR 72401	933
Arkansas Single Parent Scholarship Fund	501-728-4354
www.aspsf.org	

<b>EDUCATION</b>	(continued)
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EDUCATION (continued)
Arkansas State University-Newport
72112 asun.edu
Beck Pride Center (wounded veterans)
Black River Technical College
1410 Hwy 304 East, Pocahontas, AR 72455 blackrivertech.org
Cooperative Extension Service (Lawn, garden, home economics) Clay - 716 SW 2nd St Corning, AR 72422
Craighead - 611 East Washington, Suite A, Jonesboro, AR 72401 933 4565 Cross - 705 E Union Ave. Wynne, 72396
Greene - 201 W. Court St. Rm 205, Paragould, AR 72450
Jackson - 649 Jackson 917 Newport, AR 72112
Poinsett - 302 N. Main St. Harrisburg, AR 72432 578 4490
Randolph - 2500 US Hwy 62 West Pocahontas, AR 72455 892 4504
Craighead County Jonesboro Public Library
Head Start (income-based for preschoolers) Caraway - 128 Kelly St., 72419
Cherry Valley - 372 Walnut St., 72324
Corning - 419 West Third Street, 72422
Harrisburg - 1200 N Illinois St, 72432
Jonesboro - 1405 Bittle St., 72401
Jonesboro - 2114 N Church St., 72401
Jonesboro - 2200 E. Matthews Ave., 72401 931-1172 Jonesboro - 911 Magnolia Rd., 72401 336 1639

eachville - 1300 East 3rd St., 72438	
Marked Tree - 99 West Highway 63, 72365 931-1172  Newport - 3103 Highway 67 N., 72112	
aragould - 1 Laubach Dr., 72450 240-0040 aragould - 210 N. End Ave., 72450 239-0643 aragould - 505 Canal St., 72450 240-0488	
iggott - 1020 S Taylor Ave., 72454	
ocahontas - 1006 Oak St., 72455 892-1417 ocahontas - 1407 Patrick Dr., 72455	
Lector - 49 North Stewart Street, 72461	
rumann - 135 S Ozark St., 72472 483-0253 rumann - 351 Campbell St., 72472	
Valnut Ridge - 901 State St., 72476	
Valnut Ridge 702 State St., 72476	
Veiner - 441 School St., 72479	
Wynne - 320 Magnolia St., 72396 238-0934	

EDUCATION (continued)
Literacy League (Craighead & Poinsett)
Office of Reading (Laubach literacy tutoring)
PACES (pregnant & parenting teens)
2909 King St Ste. A Jonesboro, AR 72403  SUCCESS Schools
613 North Fisher, Jonesboro, AR 72401 success.k12.ar.us
Valley View Adult Education Center
2311 East Nettleton Avenue, Jonesboro, AR 72401 Williams Baptist College
6741 201 Fulbright Street, College City, AR 72476 wbcoll.edu
EMERGENCY SERVICES
EMERGENCY SERVICES  5 Rivers Medical Center
5 Rivers Medical Center

Great River Medical Center	838-
Hispanic Center Services, Inc. (crisis o emergencia - bilingual) 93 311 Huntington Avenue, Jonesboro, AR 72401	32-0700
Jonesboro City Police	35-5553
Medic-One Ambulance 972-0708 3301 South Caraway Road, Jonesboro, AR 72401	

EMERGENCY SERVICES (continued)
Mid-South Health Systems (suicide, detox services)
NEA Baptist (Emergency Room)
3020 Stadium Boulevard, Jonesboro, AR 72401
Paragould Fire (non-emergency)
Piggott Community Hospital
1206 Gordon Duckworth Drive, Piggott, AR 72454
Poison Control (poison, drug overdose info) 4301 West Markham, Little Rock, AR 72205
Salvation Army (temporary shelter for homeless)
SMC Regional Medical Center(Emergency)
St. Bernards Medical Center (Emergency Room)
EMPLOYMENT
American Indian Center
4513 1100 North University, Little Rock, AR 72207
Arkansas Employment Security Department
Arkansas Employment Security Department
Arkansas Employment Security Department
Arkansas Rehabilitation Services (education, employment) 972-0025 2920 McClellan Drive, Suite 2168, Jonesboro, AR 72401 Arkansas Workforce Center (job placement)
Experience Works (for those 55 or older)

FOCUS, Inc. (for people with disabilities)	935-
Hispanic Community Services, Inc. 1884 311 Huntington, Jonesboro, AR 72401 www.jhcsi.org	931-

# **HOUSING**

110001110	
Aspen Gardens (Ages 62+)	972-
1011 Rains, Jonesboro, AR 72401	
College Corner (HUD based on income)	972-
1830 East Johnson Avenue, Jonesboro, AR 72401	
Crowley's Ridge Development Center (home ownership)	919-
Habitat for Humanity	933-
PO Box 19051, Jonesboro, AR 72403	
Jonesboro Housing Authority	935-
	C 1 O 1
Garden Manor Apts. (disabled, age 62+)	6404
Pines & Cedar 972-0070 301 North Caraway, Jonesboro, AR 72401	
Plainview Apts (Section 8 HUD based on income)	972-
Poinsett County Housing Authority	2990
Walker Courts (Section 8 HUD lowrent housing) 935-0832 1129 Walker Place, Jonesboro, AR 72401	

# **GENERAL INFORMATION**

<u> </u>	
City of Jonesboro Animal Control	935-3920
Jonesboro Regional Chamber of Commerce	932-
Federal Information Center (for federal offices)	1-800-333-
First Congressional District Field Office	972-

Hispanic Community Services, Inc	931-
West Huntington Ave, Jonesboro, AR 72401 www.jhcsi.org	
onesboro Jaycees	-5252
NEA Humane Society5185	932-
5111 East Highland, Jonesboro, AR 72401	

GENERAL INFORMATION (continued)			
Northeast Arkansans For Animals			
Veteran's Services			
511 South Main, Jonesboro, AR 72401			
Internal Revenue Service 1-800-829-1040			
<u>LEGAL</u>			
Ease Arkansas Area Agency on Aging (Lawyers serve ages 55+) 972-			
5980 Arkansas Legal Services			
Partnerarlegalservices.org			
Arkansas Volunteer Lawyer Services for the Elderly501-376-9263 2020 W. 3rd St. Ste. 620, Little Rock, AR 72205			
CASA (Court Appointed Special Advocates) 935-1099 511 Union Suite 327, Jonesboro, AR 72401			
Child Support Enforcement			
Crimestoppers (report info to help solve crimes)			
Hispanic Community Services (referrals, interpret court/police) 931- 184311 Huntington Ave, Jonesboro, AR 72401 www.jhcsi.org			
Legal Aid of AR (low-income, no criminal cases)			
Victim Assistance (victims of crimes)			
MEDICAL			
5 Rivers Medical Center			
6000 2801 Medical Center Drive, Pocahontas, A.P. 72455			

HEC Family Practice Center 972-0063 23 East Jackson Avenue, Jonesboro, AR 72401	
merican Cancer Society	1-800-227-
11 North University, Little Rock, AR 72207	
merican Diabetes Association	0-342-2383
merican Lung Association	1-800-586-
18 Hampton Ave, St. Louis, MO 63139	

2801 Medical Center Drive, Pocahontas, AR 72455

MEDIOAL (CONtinucu)	
American Red Cross (first aid, CPR, health classes) . 3212 305 W. Jefferson, Jonesboro, AR 72401-2754	932-
American Red Cross Blood Services	268-1990
American Stroke Association (CPR training)	877-AHA-4CPR AR
Kids First	888-474-8275
Arkansas Crisis Pregnancy Help Line	888-610-
Arkansas Department Health	3615
5761 110 N East Street, Harrisburg, AR 72432	
4480 801 Goldsmith Road, Paragould, AR 72450	236-
7782 1009 South Garfield, Piggott, AR 724543390	598-
1050 West Free Street, Walnut Ridge, AR 72467	
Arkansas Methodist Medical Center	269-
Arthritis (Self-help courses, exercise classes)	1-800482-8858
Breast Resource Information	336-
1144 East Matthews, Jonesboro, AR 72401 Children's Clinic	935-
Children's Medical Services (DHS)	972-
Coalition for Healthy Children (Health insurance for cl 1732 2920 McClellan Drive, Jonesboro, AR 72401	hildren) 972-

Community Healthcare Center5507	886-
3219 N Hwy 67B, Walnut Ridge, AR 72476	
Craighead County Health Department	933-4585
Cross Ridge Community Hospital	38-3300
Emerson Ambulance	935-
1703 East Nettleton Avenue, Jonesboro, AR 72401	
Extended Family Home Health	932-

# **MEDICAL** (continued)

MEDICAL (Continued)	
Family Medical Center	857-
1300 Creason Road, Corning, AR 72422	
Flo and Phil Jones Hospice	336-
Encompass Health Rehabilitation Hospital of Jonesboro 932-0440 1201 Fleming, Jonesboro, AR 72401	
Jonesboro Church Health Ctr (Low income, appointment only)	972-
Lawrence County Health Services. 886-1200 1309 W. Main, Walnut Ridge, AR 72476	
Lupus Foundation of America 1-800-558-0121 Washington, DC 20001 www.lupus.org	
March of Dimes 932-0300 272 Southwest Drive, Jonseboro, AR 72401 www.marchofdimes.com	
Medic-One Ambulance 972-0708 3301 South Caraway Road, Jonesboro, AR 72404 www.medic-one.info/inside_medic.php	
Medicaid Transportation	930-
Breast Resource Information	336
4806	330-
1144 East Matthews, Jonesboro, AR 72401	
Breast Resource Information	336-
1144 East Matthews, Jonesboro, AR 72401	
Mission Outreach of NEA	236-
8080 901 East Lake St, Paragould, AR 72450 • Available by appointment	
NEA Regional AIDS Network 935-0135	
NEA Baptist Memorial Hospital7000	972-
3204 Stadium Boulevard, Jonesboro, AR 72401	

NEA Clinic
311 East Matthews, Jonesboro, AR 72401
NEA Clinic Doctor Finder
NEA Charitable Foundation, Medical Assistance Program (Prescriptions) 934-5400 1835 Grant, Jonesboro AR 72401
NEA Women's Clinic
Partnership for Prescription Assistance

MEDICAL (continued)
Poinsett County Medicine Assistance
Poison Control1-800-376-4766/1-
800-222-1222 Pregnancy Health Center 870-239-0331 1103 E Kings Highway Paragould, AR 72450
Pregnancy Resource Center
Safe Jonesboro Coalition (Car Seats) 931-1111 1413 Marketplace, Jonesboro, AR 72401
Shriner's Hospital for Children
Spinal Cord Commission 268-0425 2920 McClellan Drive Suite 1100, Jonesboro, AR 72401
St. Bernards 225 East Jackson, Jonesboro, AR 72401 Healthline (doctor locator service)
Birthcare Center 972-

5055		,	
Birthcare	Center		972
4388	~		a <b>-a</b>
	Center		972
4100	• .	The state of the s	226
	ssistance	Program	336
2080			
United Ce	rehral Pa	alsy of AR1-800-228-6174/501	-224
6067		Mby 01 1110 1 000 220 0174/301	227

Vision USA (Free eye exams)	1-800-766-4466
W. I. C.( Food for pregnant women and children)	933-

# **RENTAL ASSISTANCE**

Crowley's Ridge Development Council (Rent & Utilities) 932-0836 2401 Fox Meadow, Jonesboro, AR 72404 www.crdcnea.org

9720 North Rodney Parham Road, Little Rock, AR 72227-6212

8080 901 East Lake St, Paragould, AR 72450 • Available by appointment

3785800 Cate, Jonesboro, AR 72403 • Monday-Friday 9:00-4:00

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<u> </u>
Arkansas Baptist Children's Homes and Family Ministries
Black River Area Development
Children's Homes, Inc. 1-800-382-4114 5515 Walcott Rd. Paragould, AR 72450 childrenshomes.org
Consolidated Youth Services (Ages 8-18) 972-1110 4220 Stadium Boulevard, Jonesboro, AR 72401
Lawrence County Children's Shelter
Mission Outreach
8080 901 East Lake Street, Paragould, AR 72450
Salvation Army (Temporary shelter for homeless)
White River Battered Women's Shelter
Women's Crisis Center
9449 1103 Cobb Street, Jonesboro, AR 72403 Business Line 972- 9575 www.keepneawomensafe.com
SUPPORT GROUPS
ADHD-Focus, Inc (Attention Deficit, hyperactivity) 1-800-223-1330 1123 South University Suite 225, Little Rock, AR 72204
Alliance for Mentally III
Alzheimer's (Area Agency for Aging)
Arthritis Exercise
2235 2005 East Highland Drive, Jonesboro, AR 72401
Battered Women

Greene County Low Vision Support Group	236-
Grief (St. Bernards Hospice)	935-
MADD	2773
Military Family Assistance Center	-212-
7014	

SUPPORT GROUPS (continued)
NEA Breast Care Support Group
Parents Without Partners
7974 PO Box 26016, Little Rock, AR 72221 501-568-4476
www.pwplittlerockar320.com
Parkinson's Disease
2005 East Highland Drive, Jonesboro, AR 72401
Poinsett County Veterans Administration
Rape-Victim Witness Assistance
Reconnection-SW Church of Christ (Ex-gay males)
Sisters for Survival (women cancer survivors)
Stroke/Post Polio Rehab Hospital 932-0440 1201 Fleming, Jonesboro, AR 72401
Widowed Persons/Caring & Sharing
TRANSPORTATION
East Arkansas Area Agency on Aging
2005 East Highland Drive, Jonesboro, AR 72401  Plack Piver Area Development
Black River Area Development
City Cab
Crowley's Ridge Development Council 932-0836 2401 Fox Meadow Lane, Jonesboro, AR 72404
Emerson Ambulance

1703 East Nettleton Avenue, Jonesboro, AR 72401	
JET System	. 935-5386
Medic-One Ambulance 972-0708 3301 South Caraway Road, Jonesboro, AR 72404	
Medicaid Transportation (All ages)	930-

UTILITIES
Centerpoint Energy Arkla
City Water & Light
Craighead Electric Cooperative
Crowley's Ridge Development Council (rent & utilities) 932-0836
Mission Outreach of NEA (Greene Co. residents) 870-236-1080 901 East Lake Street P.O. Box 1122, Paragould, AR 72450
Salvation Army (rent, utilities, food, clothes, shelter)
YOUTH
Big Brothers Big Sisters of N. Central Arkansas 501.336-
9505 1105 Deer St., Conway, AR 72032 www.bbbsnca.org
9505 1105 Deer St., Conway, AR 72032 www.bbbsnca.org Boy Scouts of America (Boys 6-18, Girls 14-18) 800-545-
9505 1105 Deer St., Conway, AR 72032 www.bbbsnca.org
9505 1105 Deer St., Conway, AR 72032 www.bbbsnca.org  Boy Scouts of America (Boys 6-18, Girls 14-18)
9505 1105 Deer St., Conway, AR 72032 www.bbbsnca.org  Boy Scouts of America (Boys 6-18, Girls 14-18)
9505 1105 Deer St., Conway, AR 72032 www.bbbsnca.org  Boy Scouts of America (Boys 6-18, Girls 14-18)
9505 1105 Deer St., Conway, AR 72032 www.bbbsnca.org  Boy Scouts of America (Boys 6-18, Girls 14-18)

933-0033

611 East Washington Suite A, Jonesboro, AR 72403

CRDC (Prevention Resource Center) 2114 North Church, Jonesboro, AR 72401

Girl Scouts Diamonds	932-
4803 East Johnson, Jonesboro, AR 72401	
Greene County 4-H	236-
201 West Court Street, Room 205, Paragould, AR 72450	
Happy Talk	932-
315 West Oak Avenue, Jonesboro, AR 72401	

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Make a Wish Foundation (Memphis)9474	. 800-264
1780 Mariah Woods Boulevard Suite 10, Memphis, TN 38117	
NEA Children's Advocacy Center	275
Paces, Inc. (Teen parenting issues) 932-1166 2909 King Street, Jonesboro, AR 72403	
Parks and Recreation	33-4604
SUCCESS Schools	931
YMCA (Recreational activities, organized teams)	932

# FREQUENTLY USED RESOURCES

TREGOLITET COLD RECOGNOLO
American Red Cross (food, emergency shelter)
East Arkansas Area Agency on Aging
Jonesboro Church Health Center (Low income health care, appointment only)
4777
City Youth Ministries
Craighead County Health Department
4585 Crowley's Ridge Development Council (rent & utilities) 932-0836
Department of Human Services (DHS)
Greene County Community Fund
Helping Neighbors Food Pantry

Monday-Thursday 10:00-2:00	
NEA Foundation (Prescriptions)	934-5400
Salvation Army (rent, utilities, food, clothes, shelter)	932-
The Learning Center (developmental disabilities)	932
Women's Crisis Center (domestic violence)	933

## LIVE UNITED

Living united means being a part of the change.

# Advancing the COM-MON GOOD

United Way is working to advance the common good by focusing on education, income and health. These are the building blocks for a good life—a quality education that leads to a stable job, enough income to support a family through retirement, and good health.

Our goal is to create long-lasting changes that prevent problems from happening in the first place.

We invite you to be part of the change. Together, united, we can inspire hope and create opportunities for a better tomorrow. That's what it means to **LIVE UNITED.** 

# NORTHEAST ARKANSAS: VE10% GIVE100% REACH OUT A HAND TO ONE AND

GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED.





# APPENDIX B KEY INTERVIEWEE QUESTIONNAIRE



Q1 Contact Information
Name
Company
Address
City/Town
ZIP/Postal Code
Email Address
Q2 Which county do you live in?
Q3 How many years have you worked in your current position?
<b>Q4</b> On a scale of 1 to 10, with 1 being lowest and 10 being highest, how would you rate health and quality of life in your area?
Q5 In your opinion, has health and quality of life changed over the past few years?
<b>Q6</b> Based on your answer in question 5, what are your reasons for choosing that answer?
More coverage, more access to healthcare providers.
Q7 What other factors have contributed to the improvement, staying the same, or decline of the health and quality of life in your county?
28 Are there people or groups of people in your county whose health and quality of life may not be as good as others? Please select from the options below.
<b>Q9</b> Based on your answer in question 8, what are the reasons you feel their health and quality of life has been affected?
Q10 In your opinion, what are the most critical health and quality of life issues in your county?



Q11 Based on your answers in question 10, what needs to be done to address these issues?

Q12 Is there anyone else that you would recommend that we interview?



# APPENDIX C SOURCES



### **Sources**

Total Population by County and Development District Projections. <a href="http://iea.ualr.edu/GregProjectionV2010/Total">http://iea.ualr.edu/GregProjectionV2010/Total</a> POP summary.xls>.

U.S. Census Bureau. American Community Survey. 2009-13. Source geography: Tract

U.S. Department of Labor: Bureau of Labor Statistics. 2015-September. Source geography: County

CARES Engagement Network, engagementnetwork.org/assessment/. <a href="https://engagementnetwork.org/assessment/">https://engagementnetwork.org/assessment/</a>

2014–2019 Cost Report Data. Online Medicare Cost Report Worksheets and Data Sets. <a href="http://www.costreportdata.com/index.php">http://www.costreportdata.com/index.php</a>.

HealthyPeople.gov. 2011. U.S. Department of Health and Human Services. 30 Nov. 2011 <a href="http://www.healthypeople.gov/">http://www.healthypeople.gov/</a>.

"Index." CMS.gov Centers for Medicare & Medicaid Services, 4 Sept. 2018, <www.cms.gov/>