

Community Health Needs Assessment 2025 Implementation Strategy

Priority 1: **Adult Obesity**

Goal: Reduce adult obesity rates and improve access to physical activity opportunities.

Objectives & Strategies:

- Continue, and build upon, group exercise classes in Cunningham. These are led by APRN, Amy Miller.
- Hold an annual community health fair, offering educational resources and diagnostic services (i.e. laboratory, blood pressure, etc.)
- Implement group exercise classes in Kingman. Evaluate expansion to other communities within our service area.
- Partner with local employers to promote wellness. Utilize KHC Wellness Committee initiatives to share best practices.
- Evaluate programmatic weight loss initiatives offered through primary care, including oversight and administration of GLP-1 medications.

Priority 2: **Primary Care Physicians** (access to care)

Goal: Maintain a primary care provider panel adequately serving all populations.

Objectives and Strategies:

- Utilize a male provider in Cunningham on a weekly/biweekly basis.
- Develop a primary care provider plan for Dr. Lickteig.
- Implement telehealth appointment options in the Rural Health Clinics. (Contingent on federal/governmental decision making)
- Evaluate the addition of a Community Health Worker to connect residents to primary care providers and insurance enrollment.

Priority 3: **Mental Health/Mental Health Providers**

Goal: Improve mental health access, awareness, and crisis response in Kingman County.

Objectives and Strategies:

- Expand the Senior Life Solutions geriatric psych program to increase access to these services.
- Sponsorship of the 5th annual suicide prevention color run event.
- Champion the development of a new community event focused on wellness and wellbeing.

- Launch campaigns each September via social media, newspapers, and schools promoting mental wellness and reducing stigma around seeking help.
- Participate in state advocacy initiatives to improve access to psychiatric hospital beds.
- Provide staff training to better integrate mental health screening and services within primary care.

Priority 4: **Heart Disease**

Goal: Reduce the risk and prevalence of heart disease.

Objectives and Strategies:

- KHC has expanded and updated the cardiac rehabilitation service line through renovation/relocation of the physical plant. This enables added capacity to treat patients with cardiac conditions.
- A pulmonary rehabilitation program has been developed and will be expanded.
- Phase III cardiac rehabilitation has recently been added to the cardiopulmonary department.
- Logan Hageman, APRN has obtained additional training in tobacco addiction and cessation. She will be used as a referral source and best practice champion.
- Offer free or low-cost blood pressure, cholesterol, and diabetes screenings.
- Hold an annual community health fair, offering educational resources and diagnostic services (i.e. laboratory, blood pressure, etc.)

Priority 5: **Cancer**

Goal: Decrease cancer incidence and mortality through prevention, screening, and early intervention.

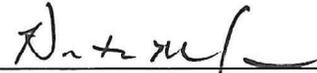
Objectives and Strategies:

- Promote screening programs by engaging with the community through events such as the 'smash and dash'.
- Launch education campaigns via newspapers and media, including early signs, prevention methods and screening guidelines.
- Develop additional community-wide smoking cessation campaigns in coordination with the University of Kansas, KDHE, and Kingman County Health Coalition.
- Utilizing the electronic health record, identify and contact patients due for cancer screenings.
- Hold an annual community health fair, offering educational resources and diagnostic services (i.e. laboratory, blood pressure, etc.)
- Add dermatology services as a regular specialty clinic.

Approved by the Governing Body of Ninnescah Valley Health Systems, dba Kingman Healthcare Center.



 Chairman



 Chief Executive Officer