

JOHNSON COUNTY HEALTHCARE CENTER

# A Healthier Johnson County

A Report Card about Healthy Families and  
Healthy Lifestyles

Community Health Assessment Action Group

2013

Action: families who are not healthy present a serious and costly problem in Johnson County. We are dedicated to helping families become healthier emotionally, physically and mentally.

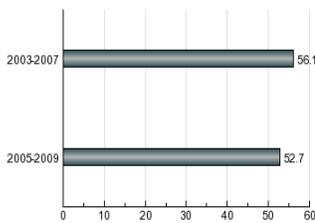
**A**  
**HEALTHIER**  
**Johnson**  
**County**

Community Report Card  
2013—2013 Health Improvement Plan for Johnson County.  
Outcome: Healthy Families/Healthy Lifestyles  
Population: Johnson County Families

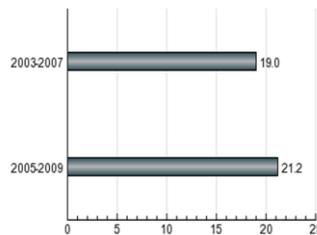
Johnson County Healthcare Center is your non-profit community health care center, and we are committed to improving the overall health in Johnson County. We are among the nations' top 100 Critical Access Hospitals, and we are proud of that ranking. Our range of services extends from birth to end of life care. As a health care organization, we are committed to a care model that encourages wellness before you have a hospital stay and provides for patient centered care transitions following any hospitalization.

This report provides you a glimpse of some of the many ways that we provide community benefits. Within this report, you will find some recent initiatives that we have decided to embrace to improve the health in our county. We are committed to supporting our community. Our staff of doctors, nurses and ancillary personnel don't just save lives and provide care in the hospital setting each day. With the support of JCHC's board of Trustees, our employees move beyond the walls of the hospital and clinic, and ensure that affordable and effective care is available for all of Johnson County's residents – young or old, rich or poor, insured or uninsured. We are truly proud to serve you and your families and wish you continued good health.

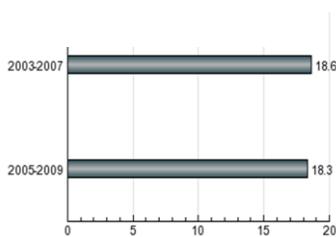
A group of individuals representing different agencies in Johnson County got together at JCHC for lunch, and discussed health in our county, and what we could do as a group to foster an even healthier county. We looked at statistics about our county, and had lively discussions. We decided to focus on a few things we saw as problems facing families in our county. We decided that it is clear that healthy families need a strong start, and that physical, mental and spiritual health plays into family dynamics. Then, we discussed ways in which we could utilize lots of community resources to impact these things in our county. It was noted that we are a pretty healthy county, but that there are many ways that we can improve the health of Johnson County. We found county statistics that we think we can impact together, and have set up a community improvement plan to try to improve the statistics in these areas. The following is our report about how we hope to improve the health in these areas in Johnson County.



Adults who are overweight or obese  
time series data



Adults who are sedentary in Johnson County  
Time Series Data



Adults Who Are Obese in Johnson County  
Time Series Data

*These numbers and figures come from the website [wyominghealthmatters.org](http://wyominghealthmatters.org)*

### Who in Johnson County Is working on this project?

Women's Health Forum	Johnson County YMCA
Psychologists in Johnson County	Johnson County Public Health
Community Resource Council	Family Crisis Center
Johnson County Senior Center	JCHC

## The Story Behind the Numbers:

\* Physical activity will encourage healthier lives in general.

\*Families who do physically healthy things together will be more strongly bonded families.

\*Adults who are sedentary will have a higher incidence of mortality at a younger age than active adults.

**\*Emotional health is improved with education  
and physical activity.  
Emotionally healthier  
people tend to adopt healthier life habits.**

### **How did we come up with our numbers to use?**

We looked at a lot of statistics for our county, and the numbers for overweight, obesity and sedentary behavior were high statistics in Johnson County. Increasing healthy families and healthy behaviors with intervention should lower all these statistics, in our estimation. We did not want to simply re-do a project that is being tackled in our county by another agency, so we chose to either partner with another agency that is already working on the problem, or to begin to make a new plan for a problem that we can't find an existing agency or plan for.

The rate of Overweight adults as of 2009 in Johnson County was 56%

The rate of Sedentary Adults as of 2009 in Johnson County was 21%

The rate of Obese adults in Johnson County in 2009 was 18%

## **What are we going to do to improve these statistics in Johnson County?**

**The rate of Overweight adults in Johnson County Obese adults in Johnson County in 2009 was 18% And The rate of Sedentary Adults as of 2009 in Johnson County was 21%.**

The JC YMCA is currently working on plans to improve and expand their facility and programming. The Hospital will increase advertising on exercise and health. The Women's Health Forum regularly holds forums to educate the public about health issues. JCSD1 is running employee wellness programs, and sponsors free exercise classes for employees, and has many health related classes for school age children. The PE classes have changed focus from playing games to teaching children about healthy lifestyles, and are teaching children how to stay healthy after they leave the school setting.

We will encourage people to join the Biggest Loser Program in Johnson County, as well as other weight loss and exercise programs. The Community Resource Council is beginning a large push in our county and around the state to combat the obesity epidemic in Wyoming. This program is called "The Weight of the Nation". We plan to partner with this group in the effort. JCHC will offer advertising monies and space for meetings for the community. There will be weekly educational meetings, and a resource council will implement plans to combat obesity through this group.

## **What will we measure to see if we are succeeding?**

### **Obesity:**

**We will gather data from existing organizations.**

**We will measure participation in offered exercise programs in the community.**

**We will measure average weight loss in existing programs**

**We will measure percentage of participation in existing exercise programs before and after concerted advertising efforts**

### Charity Care Program at JCHC

As the only County Hospital, JCHC offers patient care, regardless of patient's ability to pay or insurance coverage. You also may be eligible to receive care that is free or provided at a reduced cost through our Charity Care program, which is designed to help individuals who cannot afford the healthcare they need. This program applies to Hospital and Emergency Room care.

JCHC offers discounted rates, and some fees that are waived all together, depending on the financial resources of the person.

Please stop by the front office at JCHC to pick up a copy of the financial assistance policy and application.

## ***Wyoming Health Matters***

*A dynamic Living Report Card*

*Are you doing research about our county, but don't know where to find accurate and easy to use statistics and information? Well, the Wyoming Health Matters website is your answer.*

The Wyoming Health Matters website allows fast access to local data in all 23 Wyoming counties. Funded by the Cheyenne Regional Medical Center, this new website displays more than 100 health and quality of life indicators for each county. The site also offers more than 1000 proven community based interventions to help keep each county healthy. The data is regularly updated. This website has proven itself to be an invaluable tool in our research.

***Wyominghealthmatters.org***