South Georgia Medical Center
Community Health Needs Assessment & Implementation Plan

2016
About South Georgia Medical Center

South Georgia Medical Center is a not-for-profit medical system dedicated to being the leader in improving the health, wellness and quality of life in the community.

With 418 licensed beds and more than 300 affiliated physicians and 2,600 employees, SGMC, its campuses, and affiliates provide a broad range of high quality healthcare services. SGMC serves 250,000 residents across a 9-county service area on four campuses.

South Georgia Medical Center
2501 North Patterson Street
Valdosta, Georgia 31602

SGMC Outpatient Plaza
4280 North Valdosta Road
Valdosta, Georgia 31602

SGMC Berrien Campus
1221 McPherson Avenue
Nashville, Georgia 31639

SGMC Lanier Campus
1160 West Thigpen Avenue
Lakeland, Georgia 31635

SGMC was established to care for the sick and injured, regardless of sex, race, creed, color, nationality, handicap or disability. A self-supporting medical system, SGMC proudly provides care for the sick and injured with no local tax support. Because SGMC is a not for profit organization, any earnings are reinvested back into the system’s facilities and services. This also allows SGMC to fund valuable outreach and education programs that benefit local students, seniors, the uninsured and many others.

SGMC is fully accredited by The Joint Commission, the highest mark of quality in the healthcare field, and has earned additional recognition at the state and national level. SGMC is licensed by the Health Facility Regulation Division of the Georgia Department of Community Health.

SGMC is a member of:
- The American Hospital Association
- The Georgia Hospital Association
- The Southwest Georgia Hospital District
- Vizient MidSouth
- Georgia Alliance of Community Hospitals
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**Acknowledgement**

South Georgia Medical Center’s Community Health Needs Assessment and Implementation Plan was developed by SGMC staff with the assistance of LEGACY CONSULTING GROUP and generous input from a broad group of people representing the health interests of residents of Valdosta, Lowndes County, and our surrounding counties.

The individuals listed below contributed immeasurable value in the formation of this report, providing professional knowledge, expert medical information, and community input regarding health need advocacy. South Georgia Medical Center would like to acknowledge these individuals and thank them for their generous time and contributions to this assessment.

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Dear Friends,

The Hospital Authority of Valdosta and Lowndes County, Georgia d/b/a South Georgia Medical Center is pleased to present our 2016-2019 Community Health Needs Assessment and Implementation Plan.

With input from local professionals with an understanding of health needs in south central Georgia, we have reviewed, identified and prioritized community health needs of residents of Valdosta, Lowndes County and our surrounding counties.

These individuals provided professional knowledge, expertise, and valuable guidance in assisting South Georgia Medical Center in assessing existing programs and resources, and provided thoughtful input into ways to enhance local residents’ health and wellness in collaboration with other community-based organizations.

Our Board of Trustees has reviewed and adopted the 2016-2019 Community Health Needs Implementation Plan and continues its commitment to leveraging existing programs, services, and resources to assist area residents in achieving their highest level of health and wellness. South Georgia Medical Center will continue its focus of working with other organizations to address the health needs of persons residing in our primary service area of Valdosta and Lowndes County.

Please visit us at www.sgmc.org for more information and follow our progress.

Warm Regards,

Sam Allen
Chairman

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Board of Trustees
**Introduction**

At South Georgia Medical Center we are committed to providing our community with quality care, and we are proud to be recognized for exceptional care to our patients. South Georgia Medical Center encompasses South Georgia Medical Center (Valdosta, GA), SGMC Outpatient Plaza (North Valdosta, GA), SGMC Berrien Campus (Nashville, GA), and SGMC Lanier Campus (Lakeland, GA). These facilities serve a large, diverse population with a wide variety of inpatient and outpatient services.

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**Our Mission**

- We exist to serve people.
- Our primary service is restoration of health.
- We will be a provider of most aspects of health care.
- We will provide leadership to improve and develop the healthcare delivery systems of the future.
- We will work with others to improve the health of the people in the communities we serve.
- We will participate in making our community a better place to live.

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**Our Vision**

SGMC will be the leader in improving the health, wellness and quality of life in our communities.

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**Purpose and Scope**

The purpose of South Georgia Medical Center’s community health needs assessment (CHNA) and implementation plan is to enhance the health and wellness of individuals living in our community.

While SGMC is a regional health care provider serving south central Georgia and north central Florida, the scope of this CHNA focuses on addressing the health needs of residents who live within our primary service area community of Valdosta and Lowndes County.
Approach and Process

South Georgia Medical Center’s approach to achieving community health improvement priorities follows a six-step process designed to be updated every three years to assess progress in addressing the health needs of the community.

It begins with defining SGMC’s target community, and then assessing the health needs of the community using available health data and input from a broad range of advocates representing the health interests of the residents within the target community.

After the health needs are identified, individuals representing the target community establish the health improvement priorities for the community.

From the list of health improvement priorities developed by health advocates of our community, the leadership at SGMC met to develop strategies and plans to address the identified health need priorities.

These strategies and plans are then implemented and reported to the public via the hospital’s website as SGMC’s Community Health Needs Assessment and Implementation Plan.
**SGMC’s Community**

In 2015, SGMC received 60% of its admissions from Lowndes County, and another 23% of admissions coming from Berrien, Echols, Brooks, Lanier, Cook and Clinch counties in south central Georgia and Madison and Hamilton counties in north central Florida.

**SGMCs Primary and Secondary Service Area**

Based on residence of admissions, SGMC defines its primary service area community as Lowndes County, Georgia. SGMC’s secondary service area is defined as Berrien, Brooks, Clinch, Cook, Echols and Lanier counties in south central Georgia and Hamilton and Madison counties in north central Florida.
**SGMC Admission Demographics**

In 2015, SGMC admitted over 14,000 patients with 19.5% of admissions for women’s and children’s services, 77.2% for medical/surgical services, 1.9% for rehabilitation and 1.4% for psychiatric services. In addition, SGMC received 72,742 Emergency Department visits - averaging nearly 200 visits per day.
**What do we mean by access to health services?**
Access to health services means the timely use of personal health services to achieve the best outcomes. It requires three distinct steps:
1) Gaining entry into the health care system
2) Accessing a health care location where needed services are provided
3) Finding a health care provider with whom the patient can communicate & trust

**Why is access to health services important?**
Access to health care impacts:
- Overall physical, social, and mental health status
- Prevention of disease and disability
- Detection and treatment of health conditions
- Quality of life
- Preventable death
- Life expectancy

**What are the barriers to health services?**
Barriers to health services include:
- Lack of availability
- High cost
- Lack of insurance

**What do barriers to health services lead to?**
Barriers to health services and health care lead to:
- Unmet health needs
- Delays in receiving appropriate care
- Inability to get preventive services
- Hospitalizations that could have been prevented

Sources: "Healthy People 2020" U.S. Department of Health & Human Services, December 2010. (1) Institute of Medicine, Committee on Monitoring Access to Personal Health Services, National Academies Press, 1993

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**What is Obesity & Overweight?**
Obesity has been defined as a condition in which excess body fat has accumulated to an extent that health may be adversely affected. Adults with a Body Mass Index (BMI) of 30 or higher are classified as obese. Adults with a BMI between 25 and 29.9 are classified as overweight.

**Why are Cause of Death Indicators Important?**
Death rates for leading causes of death are the number of deaths from each cause per 100,000 of the area’s total population.
Cause of death indicators show where health improvement and prevention programs can be targeted to affect the most people. By looking at sub-categories (e.g. lung and breast cancer vs. all cancers or hypertensive disease vs. all cardiovascular diseases targeted programs to improve health can be implemented).
SGMC Primary and Secondary Service Area Counties

2015
Primary Care Physicians, Dentists & Mental Health
(Residents per Provider)

Other Selected Health Indicators
(Percent of Population)

Sources: "2016 County Health Rankings" Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute
Community Health Needs versus Other Community Needs

Individuals have multiple needs within a community including available, accessible, and affordable food, housing, educational, social, recreational, and transportation services as well as employment opportunities. These needs are real, growing, and frequently unmet within many communities; however, they are beyond the scope of our assessment. This assessment is specifically focused on community health needs of residents living in SGMC’s service area community.

While SGMC receives patients from throughout south central Georgia and north central Florida, it is not practical or realistic for the Medical Center to address the community health needs of all of the patients it sees when they leave and return to their home communities. Thus, SGMC will focus its efforts on identifying and prioritizing the community health needs of residents who live in its primary service area of Lowndes County, Georgia.

Process of Identifying and Prioritizing Community Health Needs

The community health needs of residents within SGMC’s primary service area were identified through in-depth interviews with a broad range of advocates representing the interests of the community including public health representatives, community leaders, physicians, school health, mental health and other health care providers.

Based on the collected interviews, expertise, and feedback from this group of advocates representing the interests of the community a list of community health needs was developed. There was significant consensus around eight specific community health needs, based on the unprompted frequency that these needs were identified by participants.

From this list of eight specific community health needs, each participant was asked to rank community health need priorities on an ordinal scale with 1 being the highest priority and 8 being the lowest priority. The community health needs assessment was completed from August through October 2016. A 91% response rate from all participants was achieved, resulting in the following ranking of community health need priorities within SGMC’s service area community.
# SGMC’s
# 2016 Community Health Need Priorities

**SGMC’s Community Health Needs Implementation Strategy**

Due to limited resources and the extraordinary cost of maintaining state-of-the-art medical diagnostic and treatment services to meet the needs of its inpatient and outpatient populations, SGMC’s community health needs implementation strategy is focused on leveraging existing programs, services, and resources. In addition, SGMC will focus on health need priorities of residents who reside in our primary service area.

Whenever possible and financially feasible, SGMC will assist other community health need efforts in partnership with other community, regional and statewide organizations.

| # 1 | Need for increased access to primary care services for uninsured, Medicaid recipients, and persons with high insurance deductibles to avoid inappropriate use of the Emergency Room. |
| # 2 | Need for a “sliding scale” clinic to provide services for uninsured, Medicaid recipients, and persons with high insurance deductibles. |
| # 3 | Need for partnerships to enhance promotion of healthy nutrition, lifestyle and exercise to reduce the prevalence of cancer, diabetes, hypertension, heart disease, obesity and overweight. *See also Appendix A – Cancer Needs Assessment.* |
| # 4 | Need for increased access to behavioral health services for uninsured, Medicaid recipients, and persons with high insurance deductibles. |
| # 5 | Need for selected medical sub-specialists within the community (endocrinology, hematology and neurosurgery). |
| # 6 | Need for enhanced access to non-emergency medical transportation to physician offices for persons with limited resources and mobility. |
| # 7 | Need for partnerships to enhance access to dental services for persons with limited resources. |
| # 8 | Need for partnerships to provide education, screening and treatment for sickle cell. |
While SGMC currently provides a wide range of programs and services to meet the community health needs of residents of its service area, no single healthcare organization has the resources to address all of the unmet health needs within its community.

The overall objective of SGMC’s 2016-2019 Community Health Needs Implementation Plan is to ensure that most of the pieces of the “community health needs puzzle” are in place to assist each person in the community in achieving their highest level of health and wellness.

For each of the eight community health needs assessed by persons with specialized knowledge and expertise of community health needs we will provide the following:

- **Description of Need**
- **Objectives for Addressing Need**
- **SGMC’s Ongoing Programs / Services Related to Need**
Community Health Need: Need for increased access to primary care services for uninsured, Medicaid recipients, and persons with high insurance deductibles to avoid inappropriate use of the Emergency Room.

Description of Need

There is overwhelming consensus among community representatives of the need for increased access to affordable primary care options for persons who are uninsured, are Medicaid recipients and unable to find physicians willing to accept Medicaid payment, and individuals who have high insurance deductibles that must be met prior to receiving coverage for primary care services.

Presently, many individuals are utilizing the Emergency Departments at SGMC facilities for primary care services as they know that they cannot be turned away for lack of financial resources and feel they have nowhere else to go.

While there are urgent care centers within the community, the upfront, out-of-pocket charges required to be seen at urgent care centers makes them unaffordable, and thus non-accessible to many of the same clientele who are utilizing Emergency Departments for primary care services.

Similarly, many primary care physicians do not accept Medicaid and/or require payment at time of service further reducing the affordability and access to services for the target populations described previously.

Compounding the primary care access issue, within each of SGMC’s nine service areas counties, primary care physician to population ratios are substantially higher than Georgia overall and Top Performing U.S. counties. As recently as February 2016, the Georgia Department of Community Health designated a primary care health professional shortage county-wide in Berrien, Brooks, Echols and Lanier counties, and a shortage for low income population groups in Cook County.

Currently, the local community has not fully embraced cost effective alternative access options for primary care such as the use of nurse practitioners and physician assistants to extend the reach of primary care physicians.
Objectives for Addressing Need

- Expand access to free primary care services through South Georgia Partnership for Health (SGPH).
- Relocate SGPH to Griffin Avenue facility to make it closer and more accessible to target population. (Spring 2017)
- Extend hours of operation at SGPH from five days to seven days a week - increasing operating hours from 36 to 84 hours per week. (Spring 2017)
- Facilitate SGPH in becoming part of South Central Primary Care, a federally qualified health center, to allow acceptance of Medicare, Medicaid and sliding scale fee schedules to increase access to primary care for target populations.
- Identify appropriate opportunities for nurse practitioners and physician assistants to extend primary care access options within the community.
- Facilitate recruitment efforts to attract new primary care physicians to the service area, particularly physicians willing to accept Medicaid patients.
- Evaluate feasibility of developing a mobile primary care clinic to expand access in surrounding service area counties.
- Identify opportunities for establishing additional federally qualified rural health clinics in surrounding service area counties.

SGMC’s Ongoing Programs / Services Related to Need

SGMC provides major funding for the operations of South Georgia Partnership for Health which provides free primary care to uninsured residents living within Lowndes County. In addition, it provides free lab work for patients seen at SGPH through its clinical laboratory at the medical center. In terms of human capital, SGMC pays the fulltime salary of the Executive Director, Nurse Manager and Front Office Manager of SGPH, as well as providing a part-time internal medicine physician, nurse practitioner, and pharmacy assistance coordinator.
**Description of Need**

There is consensus among community representatives of the need to develop a “sliding scale” clinic to address the specialty care needs and follow-up medical care needs of patients previously seen at SGMC facilities. Many individuals may forego follow-up medical visits or specialty care services as they are uninsured, are Medicaid recipients and cannot find specialists willing to accept Medicaid, have high insurance deductibles or otherwise lack the financial resources to pay for follow-up or specialty care.

**Objectives for Addressing Need**

- Facilitate SGPH in becoming part of South Central Primary Care, a federally qualified health center, to allow acceptance of Medicare, Medicaid and “sliding scale” fee schedules to increase access to primary care for target populations.
- Determine requirements that would be necessary to encourage / incent local physicians to provide limited services to target populations at a “sliding scale” clinic.
- Assess feasibility of establishing additional federally qualified health centers within the surrounding counties to increase access for follow-up medical care and specialty medical care services, including services provided on a “sliding scale”.

**SGMC’s Ongoing Programs / Services Related to Need**

SGMC currently does not have a “sliding scale” clinic for individuals requiring non-urgent, on-going or follow up physician care within the target population. SGMC is facilitating South Georgia Partnership for Health’s move to its expanded location in south Valdosta on Griffin Avenue. This facility provided by SGMC will have six exam rooms, medical imaging and will be open twelve hours per day seven days per week. In the spring of 2017, South Georgia Partnership for Health plans to become part of South Central Primary Care which will provide access to Medicare, Medicaid and “sliding scale” fee services.
Description of Need

In 2015, residents of each of SGMC's service area counties ranked below Georgia as a whole in terms of health behavior indicators related to percentage of adults who are obese or overweight, physically inactive, and smoke. In terms of quality of life indicators, each of SGMC's service area counties reported a higher average number of poor physical health days (4.4 days/month) compared to Georgia as whole (3.9 days/month).

Related to lifestyle choices, service area residents experienced significantly higher preventable hospital stays with a regional average of 84 preventable hospital stays per 1,000 Medicare enrollees versus 55 preventable hospital stays per 1,000 Medicare enrollees across Georgia.

Physicians and healthcare providers report a significant portion of the local population have diabetes, hypertension and heart disease and need enhanced educational outreach to assist their patients in understanding the nature of their disease and develop appropriate tools for managing their chronic conditions.

Objectives for Addressing Need

- Continue to support existing initiatives within the community that promote healthy nutrition, lifestyle, exercise, and smoking cessation programs.
- Identify opportunities to enhance communication channels and social support networks to promote healthy nutrition, lifestyle and exercise choices.
- Evaluate the feasibility of developing disease education and condition management training videos for use in helping patients understand their disease processes and available management tools.

SGMC’s Ongoing Programs / Services Related to Need

SGMC has multiple programs and activities to promote healthy nutrition, lifestyle and exercise to reduce the prevalence of cancer, diabetes, hypertension, heart disease, obesity and overweight. In addition, SGMC works collaboratively with local community partners to support healthy nutrition, lifestyle and exercise choices. See also “Appendix A – Cancer Needs Assessment – Continuum of Care Services”
Description of Need

There is widespread consensus on the need to increase access to behavioral health services for uninsured, Medicaid recipients, and persons with high insurance deductibles as these target populations are not able to access private behavioral health services within the community. As recently as February 2016, the Georgia Department of Community Health has designated a mental health professional shortage in all of SGMC’s service area counties.

Objectives for Addressing Need

- SGMC does not provide inpatient or outpatient treatment services for patients with behavioral health issues at its facilities in Valdosta, Lakeland or Nashville. However, South Georgia Medical Center does provide emergency stabilization services as necessary to ensure patient safety when individuals with acute psychiatric and/or substance abuse issues present in the emergency department.
- SGMC provides inpatient treatment for geriatric psychiatric patients at its SGMC Berrien Campus.
- SGMC will meet with regional and statewide behavioral health advocates to discuss the need for increasing access to behavioral health services for the target populations identified.

SGMC’s Ongoing Programs / Services Related to Need

Other than its inpatient geriatric psychiatry program at SGMC - Berrien Campus, SGMC does not provide inpatient or outpatient behavioral health services. The Medical Center accepts patients within its emergency department in Valdosta who are in need of stabilization, pending transfer to an appropriate behavioral health facility.
**Community Health Need:** Need for selected medical sub-specialists within the community (endocrinology, hematology, neurosurgery).

**Description of Need**

Several community representatives indicated a need for selected medical sub-specialties within the community, in particular endocrinology, hematology, and neurosurgery. In addition, a few community representatives indicated a need for pediatric sub-specialties to avoid the need for long commutes to Children’s Healthcare of Atlanta, Shands Children’s Hospital in Gainesville and Wolfson Children’s Hospital in Jacksonville.

**Objectives for Addressing Need**

- Quantify demand for medical sub-specialty referrals within SGMC’s service area and determine the magnitude of unmet sub-specialty demand within the community.
- Identify potential options for addressing quantifiable unmet demand for medical sub-specialties.
- Evaluate utilization of pediatric medical sub-specialty coverage from Augusta and determine need for enhancing coverage.

**SGMC’s Ongoing Programs / Services Related to Need**

At present, SGMC has 265 physicians on its Medical Staff with coverage of most medical sub-specialties. The Medical Center has an on-going program to recruit physicians, but continues to experience challenges in attracting selected medical sub-specialists to maintain open and active practices within the community. SGMC will continue to evaluate the feasibility of recruiting selected medical sub-specialist to the community.
**Description of Need**

Many community representatives reported a need for enhanced access to non-emergency medical transportation to physician offices for individuals who lived within the service area, but outside of Valdosta. Most of these visits are related to follow up care or on-going physician office appointments for patients with chronic conditions. Target populations for non-emergency medical transportation services include the elderly, persons with limited income, and families of children with disabilities. In addition, veterans may need assistance in getting to the VA Hospital in Gainesville for follow up care.

**Objectives for Addressing Need**

- Enhance awareness of existing resources to assist persons with limited resources and mobility in obtaining non-emergency medical transportation to physician offices.
- Identify best practices in coordinating non-emergency medical transportation in communities throughout Georgia and north Florida, and evaluate feasibility of implementing these practices within SGMC’s service area for the targeted population groups.
- Identify local, state or philanthropic organizations that can assist service area residents in the targeted population groups to obtain non-emergency medical transportation to physician offices for follow up and routine office visits.

**SGMC’s Ongoing Programs / Services Related to Need**

SGMC does not provide non-emergency medical transportation services to physician offices for persons with limited resources and mobility. Due to the high cost of providing regional EMS services within the community, SGMC has no plans to provide non-emergency medical transportation services to physician offices for the targeted population groups.
Community Health Need: Need for partnerships to enhance access to dental health services for persons with limited resources.

Description of Need

Community representatives identified a need for partnerships to enhance access to dental services for persons with limited financial resources. The need for access to dental health services is most pronounced in the service area counties surrounding Lowndes County.

As recently as February 2016, the Georgia Department of Community Health reported a dental health professional shortage countywide in Echols and Clinch counties, and a dental health professional shortage for low income populations in Berrien, Brooks and Lanier counties.

Objectives for Addressing Need

- Increase awareness of existing dental health services available to target population groups.
- Identify local, state, and philanthropic organizations that provide resources for enhancing access to dental services for persons with limited financial resources.
- Evaluate successful partnerships that have enhanced access via mobile dental clinic services.

SGMC’s Ongoing Programs/ Services Related to Need

SGMC in partnership with South Georgia Partnership for Health is working to provide a fixed based dental health clinic utilizing volunteer dentists to enhance access to dental health services for persons with limited resources.
Community Health Need:

Need for partnerships to provide education, screening and treatment for sickle cell.

Description of Need

Several community representatives indicated a need for partnerships to provide education, screening and treatment for persons with sickle cell disease.

SCD is a group of inherited red blood cell disorders in which people have abnormal hemoglobin in their red blood cells. Normally, hemoglobin in red blood cells takes up oxygen in the lungs and carries it to all the tissues of the body. Red blood cells that contain normal hemoglobin are disc shaped (like a doughnut without a hole). This shape allows the cells to be flexible so that they can move through large and small blood vessels to deliver oxygen. Sickle hemoglobin is not like normal hemoglobin. It can form stiff rods within the red cell, changing it into a crescent, or sickle shape. Sickle-shaped cells are not flexible and can stick to vessel walls, causing a blockage that slows or stops the flow of blood. When this happens, oxygen can’t reach nearby tissues. Cells in tissues need a steady supply of oxygen to work well. The lack of tissue oxygen can cause attacks of sudden, severe pain, called pain crises. These pain attacks can occur without warning, and a person often needs to go to the hospital for effective treatment. The red cell sickling and poor oxygen delivery can also cause organ damage. Over a lifetime, SCD can harm a person’s spleen, brain, eyes, lungs, liver, heart, kidneys, penis, joints, bones, or skin. It is a lifelong disorder and the severity of the disease varies widely from person to person. (1) National Heart, Lung and Blood Institute, U. S. Department of Health and Human Services.

Objectives for Addressing Need

- Enhance SCD education in the service area target population.
- Identify partnerships to promote health maintenance of persons with SCD to prevent complications.
- Increase awareness of healthy lifestyle choices, ways to avoid situations that may trigger a crisis, and appropriate treatment for pain when a crisis occurs.

SGMC’s Programs / Services Related to Need

SGMC provides emergency services to persons when they are experiencing a SCD crisis. SGMC will work with local, state and national organizations to develop best practices for screening, ongoing health maintenance and treatment for persons with SCD within the service area community.
Community Inventory – Healthcare Facilities & Resources Available to Respond to Identified Community Health Needs

ACUTE HEALTH CARE FACILITIES

South Georgia Medical Center is a not-for-profit, Joint Commission accredited, 330-bed general hospital proving a full range of acute care and outpatient medical services including:

- Advanced Diagnostic Imaging Center
- Ambulatory Surgery Center
- Birthplace
- Cancer Center
- Cardiology
- Cardiac Rehabilitation
- Cardiopulmonary Services
- Diabetes Management Center
- Diagnostic Imaging
- Endoscopy / Gastrointestinal Laboratory
- Emergency Department
- Intensive Care
- Laboratory
- Neonatal Intermediate Care
- Occupational & Industrial Medicine
- Open Heart Surgery
- Orthopedics and Spine Surgery
- Pediatrics
- Pharmacy
- Physical, Occupational, and Speech Therapy
- Radiation Therapy
- Rehabilitation
- Sleep Disorders
- Stroke Program
- Surgical Services
- Urological Services
- Vascular Services
- Women’s Services
- Wound Care & Hyperbaric Medicine

2501 North Patterson Street, Valdosta, GA 31602  (229) 433-1000

SGMC Outpatient Plaza provides diverse outpatient healthcare services including ambulatory surgical services, a burn clinic, diagnostic imaging, endoscopy/gastrointestinal laboratory, sleep disorders clinic, and urgent care.

4280 North Valdosta Road, Valdosta, GA 31602  (229) 433-8000

SGMC Berrien Campus is a not-for-profit, Joint Commission accredited, 63-bed acute care hospital providing cardiopulmonary services, diagnostic imaging, emergency services, family medicine, hospital-based rehabilitation, laboratory, and SGMC Dogwood Senior Health Center - a 12-bed, secured geriatric psychiatric program providing behavioral health care for adults age 55 and older.

1221 East McPherson Avenue, Nashville, GA 31639  (229) 433-8600

SGMC Lanier Campus is a not-for-profit, Joint Commission accredited, 25-bed critical access hospital providing acute inpatient care, ambulance services, diagnostic imaging, emergency services, ECG, stress test and respiratory services, hospital-based and outpatient rehabilitation, physical, occupational and speech therapy, and skilled nursing swing beds.

116 West Thigpen Avenue, Lakeland, GA 31635  (229) 482-8440
**BEHAVIORAL HEALTH**

Behavioral Health Services of South Georgia is the leading agency in providing mental health, substance abuse, intellectually and developmentally disabled services for over 20 years. An array of services to children, adults, and families are provided within 10 counties in south central Georgia including: Ben Hill, Berrien, Brooks, Cook, Echols, Irwin, Lanier, Lowndes, Tift and Turner counties. Walk-in behavioral health and crisis intervention services are provided 24/7.

**Health Crisis Center (24 crisis beds, 6 temporary observation beds)**
3116 North Oak Street EXT, Valdosta, GA 31602 (229) 671-3500
3120 North Oak Street, Suite C, Valdosta, GA 31602 (229) 671-6100 Open until 5:00pm, Crisis 24/7: (800) 715-4225
1108 South Patterson Street, Valdosta, GA 31601 (229) 245-6410
325 West Savannah Avenue, Valdosta, GA 31601 (229) 333-5276
1905 South Hutchinson Avenue, Adel, GA 31620 (229) 896-4559

**Georgia Department of Behavioral Health and Developmental Disabilities** provides treatment and support services to people with mental health challenges and substance use disorders, and assists individuals who live with intellectual and development disabilities. DBHDD has six regional field offices across Georgia and each field office coordinates a community-based system of care through contracted providers. Valdosta and ten south central Georgia counties are located in Region 4, Community Service Area 22. Behavioral Health Services of South Georgia is the local Community Service Area Provider.

2 Peachtree Street NW, 24th Floor, Atlanta, GA 30303 (404) 657-2252

**Greenleaf Center** is a private, 73-bed acute care psychiatric hospital, open 24 hours per day, providing behavioral health and substance abuse treatment programs for adults and adolescents including: inpatient hospitalization, partial hospitalization, intensive outpatient, and traditional outpatient programs for children, teens, and adults struggling with depression, anxiety, bipolar disorder, behavioral issues, mental health illnesses, and substance abuse.

2209 Pineview Drive, Valdosta, GA 31602 (229) 588-8215

**DIABETES**

American Diabetes Association is the leading organization heading the fight against the deadly consequences of diabetes and fight for those affected by diabetes.

Georgia Office
233 Peachtree Street, Suite 2225, Atlanta, GA 30303 (404) 320-7100 www.diabetes.org

Georgia Diabetes Coalition is a 501c3 membership organization that serves as a unified voice for those members dedicated to improving the quality of life for those with and affected by diabetes.

P.O. Box 162160, Atlanta GA 3032 (678) 310-4432

Georgia Diabetes Prevention and Control Resource Guide provides a general listing of services and resources for Georgians diagnosed with diabetes, prediabetes or gestational diabetes mellitus, their loved ones as well as healthcare and public health professionals providing care and support to them developed by the Georgia Department of Public Health Diabetes Prevention and Control Program.


SGMC Diabetes Management Center is a multi-disciplinary program that provides evaluation, treatment and education of diabetes and diabetes related conditions including Type 1 Diabetes, Type 2 Diabetes and Gestational Diabetes.

3018 North Patterson Street, Valdosta, GA 31602 (229) 249-4121
END STAGE RENAL DIALYSIS CLINIC

**Kings Way Dialysis** is an 18-station end stage renal disease treatment center.
4358 Kings Way, Valdosta, GA 31602  (229) 244-6923

**Oak Street Dialysis** is a 21-station end stage renal disease treatment center.
2704 North Oak Street, Building H, Valdosta, GA 31602  (229) 247-4857

**US Renal Care Central Valdosta** is an 18-station end stage renal disease treatment center.
506 North Patterson Street, Valdosta, GA 31602  (229) 219-0099

**US Renal Care South Georgia Dialysis** is a 21-station end stage renal disease treatment center.
3564 North Crossing Circle Suite A, Valdosta, GA 31602  (229) 249-3222

**USRC Valdosta Home Program** is an in-home end stage renal disease treatment service.
3564 North Crossing Circle Suite B, Valdosta, GA 31602  (229) 671-4298

**Valdosta Dialysis Clinic** is a 22-station end stage renal disease treatment center.
1115 South Patterson Street, Valdosta, GA 31602  (229) 242-9610

FEDERALLY QUALIFIED HEALTH CENTERS

**Betty Dupree Health Center** is a federally qualified health center in Berrien County 26 miles from Valdosta.
201 North Barton Street, Nashville, GA 31639  (229) 686-2774

**Madison Medical Center** is a federally qualified health center in Madison County 27 miles from Valdosta.
235 SW Dade Street, Madison, FL 32340  (850) 948-2840

**Migrant Framers Clinic** is a federally qualified health center in Lowndes County 15 miles from Valdosta.
224 Frank Culpepper Road # J, Lake Park, GA 31636  (229) 259-4552

**Tri-County Family Health Care Center** is a federally qualified health center in Madison County 33 miles from Valdosta.
193 NW US 221, Greenville, FL 32331  (850) 948-2840

FINANCIAL ASSISTANCE

**Georgia Medicaid** is a medical assistance program that provides low-income families with access to free and low-cost medical care. The Georgia Department of Community Health administers the Medicaid Program and PeachCare for Kids program, a comprehensive health care program for uninsured children living in Georgia.

2 Peachtree Street NW, Atlanta, GA 30303  (866)211-0950  www.compass.ga.gov

Lowndes County DFCS
206 South Patterson Street, Valdosta, GA 31603  (229) 219-1282

HealthCare.gov is the official site of the Affordable Care Act and site for the health insurance marketplace.

**PeachCare for Kids®** is a comprehensive health care program for uninsured children living in Georgia. The health benefits include primary, preventive, specialist, dental care and vision care. PeachCare for Kids also covers hospitalization, emergency room services, prescription medications and mental health care. Each child in the program has a Georgia Families Care Management Organization (CMO) who is responsible for coordinating the child’s care.

2 Peachtree Street NW, Atlanta, GA 30303  (404)656-0386  www.peachcare@dch.ga.gov
HEALTHY LIFESTYLE

Eat Right is a service of the Academy of Nutrition and Dietetics that provides easy web-based access to resources on food (nutrition, planning and preparation, vitamins and supplements), health (lifestyle, weight loss, diseases and conditions, allergies and intolerances, wellness, pregnancy), and fitness (sports and performance, training and recovery, exercises) for kids, parents, men, women and seniors.
www.eatright.org

Fitness.gov is home of the President’s Council on Fitness, Sports, and Nutrition. The President’s Council engages, educates, and empowers all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. It provides a wealth of programs and resources including physical activity and nutrition guidelines for all Americans.
www.fitness.gov

Let’s Move! is a comprehensive initiative, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, Let’s Move is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools, ensuring that every family has access to healthy, affordable food and, helping kids become more physically active.
www.letsmove.gov

Valdosta and Lowndes County Parks and Recreation Authority strives to be the leading force in superior, affordable recreation services and facilities for all residents of Valdosta and Lowndes County. The Authority aims to promote a high quality of life for the entire population and support residents’ values while growing a healthy, safe, and environmentally responsible community.
www.vlpра.com

VSU Campus Wellness is a service of Valdosta State University designed specifically for facility, staff and students that provides easy access to multiple web-based resources and programs to assist you in developing a healthy lifestyle.
www.valdosta.edu/administration/finance-admin/campus-wellness/

Wellness Council of America is one of the nation’s premier resources for workplace wellness, serving business leaders, workplace wellness practitioners, public health professionals and consultants of all kinds by promoting membership, producing leading-edge workplace wellness publications and health information, conducting trainings that help workplace wellness professionals create and sustain results-oriented wellness programs, and creating resources that promote healthier lifestyles for all working Americans.
www.welcoa.org

What’s on Your Plate is a detailed resource guide for smart food choices for healthy aging that introduces the basic facts for making good food choices a part of your daily life and adjusting those choices as you grow older. What’s on Your Plate was developed by the National Institute of Aging, National Institute of Health (NIH), U.S. Department of Health and Human Services.
www.nia.nih.gov/sites/default/files/whats_on_your_plate.pdf

YMCA is a community-based, nonprofit organization established in 1844 with recreational programs and services for all ages.

Valdosta
2424 Gornto Road, Valdosta, GA 31602 (229) 244-4646 www.valdostaymca.org

Lake Park
5285 Mill Store Road, Lake Park, GA 31636 (229) 559-8886 www.valdostaymca.org

HEART DISEASE / HYPERTENSION PREVENTION

American Heart Association works to help kids, families and communities live heart-healthy lives. It provides Healthy Living Information to help you get active and stay active for life including: healthy eating, physical activity, healthy kids, weight management, stress management, quit smoking, and workplace health.
www.heart.org
Georgia Cardiovascular Health Initiative (CVHI) works to refine and improve the Centers for Disease Control and Prevention’s four goal areas of the Heart Disease and Stroke program: 1) prevention of risks factors associated with cardiovascular disease (CVD), 2) detection and treatment of CVD risk factors, 3) early identification and treatment of CVD, and 4) prevention and recurrent CVD events. As part of CVHI, the Valdosta Health District has initiated a Faith-Based Program of Excellence in the city of Valdosta that includes a faith network of churches that adopted formal wellness policies, a strategic plan for network members, and a faith-based Wellness Center that offers health screenings, exercise classes, chronic disease education classes, heart healthy and diabetic cooking classes, and a community garden for the local community.
www.dph.ga.gov

Georgia Stroke and Heart Attack Prevention Program (SHAPP) is an educational and direct-service program targeted to low-income Georgians with hypertension. Patient services are provided through county health departments and include screening, referral to doctors, diagnosis, and treatment. Of the more than 15,000 patient served by SHAPP, most are aged 30-69 and are African-Americans who are not covered by either public or private health insurance.

Go Red for Women ® is the American Heart Association’s national movement to end heart disease and stroke in women. It provides resources targeted for women to live healthy including: how to prevent heart disease, stress management, heart-healthy recipes, and heart-healthy exercise.
www.goredforwomen.org

The Million Hearts Initiative ™ is a national initiative to prevent 1 million heart attacks and strokes over 5 years. Million Hearts ™ is a public-private initiative that involves multiple federal agencies and key private organizations, including the American Heart Association, the American Pharmacists’ Association, the YMCA, Walgreens, and United HealthCare, among others. Collectively, these partnerships will help leverage and advance existing investments in cardiovascular disease prevention.
www.heart.org

U.S. Preventive Services Task Force (USPTF) is an independent, volunteer panel of national experts in prevention and evidence-based medicine. The Task Force works to improve the health of all Americans by making evidenced-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications. All recommendations are published on the Task Force’s website and /or in a peer-reviewed journal. The Task Force assigns each recommendation a letter grade (A, B, C, or D grade or I statement) based on the strength of the evidence and balance of benefits and harms of a preventive service. The recommendations apply only to people who have no signs or symptoms of the specific disease or condition under evaluation, and the recommendations address only services offered in the primary care setting or services referred by a primary care clinician. Since, 1998, Agency for Healthcare Research and Quality has been authorized by the U.S. Congress to convene the Task Force and to provide ongoing scientific, administrative, and dissemination support by the Task Force.
www.uspreventiveservicestaskforce.org

HOME HEALTH AGENCIES

Amedisy Home Health of Valdosta is a Medicare certified home health agency.
2947 North Ashley Street Suite C, Valdosta, GA 31602  (229) 245-0646

Georgia Home Health Services is a Medicare certified home health agency.
3404 Greyestone Way, Valdosta, GA 31605  (229) 247-4663

Intrepid USA Healthcare Services is a Medicare certified home health agency.
355 Northside Drive, Valdosta, GA 31602  (229) 247-7760

Public Health Home Health is a Medicare certified home health agency.
3169 Inner Perimeter Road, Valdosta, GA 31602  (229) 253-1242

HOSPICES

Bethany Hospice is an in-home hospice provider.
2517 Bemiss Road, Suite D, Valdosta, GA 31602  (229) 249-8687

Halcyon Hospice is an in-home hospice provider.
101 Northside Drive, Building E, Valdosta, GA 31602  (229) 333-5005

Hospice of South Georgia & Langdale Hospice provide in-home and residential hospice services.
2263 Pineview Drive, Valdosta, GA 31602  (229) 249-4100  www.hospiceofsouthgeorgia.org

UniHealth Source of Valdosta is an in-home hospice provider.
407 Cowart Avenue, Valdosta, GA 31602  (229) 241-8750
MEDICARE CERTIFIED RURAL HEALTH CLINICS

Brooks Medical Associates is a Medicare certified rural health clinic in Brooks County.
907 North Court Street, Quitman, GA 31643  (229) 263-4531

Cook Primary Care is a Medicare certified rural health clinic in Cook County.
308 North Parrish Avenue, Adel, GA 31620  (229) 896-8134

Cook Family Wellness Center is a Medicare certified rural health clinic in Cook County.
103 East James Street, Adel, GA 31620  (229) 896-3424

North Florida Pediatrics is a Medicare certified rural health clinic in Hamilton County.
1117 US HWY 41 NW, Jasper, FL 32052  (904) 758-0003

NURSING HOMES

Crestwood Nursing Home is a Medicare/Medicaid certified skilled nursing facility.
415 Pendleton Place, Valdosta, GA 31602  (2229) 242-6868

Holly Hill Healthcare is a Medicare/Medicaid certified skilled nursing facility.
413 Pendleton Place, Valdosta, GA 31602  (229) 244-6968

Lakehaven Health & Rehabilitation is a Medicare/Medicaid certified skilled nursing facility.
410 East Northside Drive, Valdosta, GA 31602  (229) 242-7368

Heritage House Nursing Home is a Medicare/Medicaid certified skilled nursing facility.
2501 North Ashley Street, Valdosta, GA 31602  (229) 244-7368

OVERWEIGHT/OBESITY

See “Healthy lifestyle”

PRIMARY CARE (FREE ELIGIBILITY-BASED SERVICES)

South Georgia Partnership Health Center is a free primary healthcare facility staffed by volunteer physicians, nurse practitioners, physician extenders, nurses and administrative staff who serve the healthcare needs of the uninsured in Lowndes County. Services include non-emergency healthcare and referrals to specialists and labs. Proof of eligibility is required. Funding for the clinic is provided by donations and grants, including a generous donation from South Georgia Medical Center. The Partnership Health Center will relocate to a larger facility at 520 Griffin Avenue, Valdosta, GA 31601 (Spring 2017).
www.sgpfh.org

205 Woodrow Wilson Drive, Valdosta, GA 31602  (229) 245-0020
520 Griffin Avenue, Valdosta, GA 31601  (229) 245-0020  (Spring 2017)

Valdosta Community Based Outpatient –VA provides a broad range of services for eligible Veterans. Primary Care services feature Preventive and Patient-Centered care approaches that offer a wide variety of specialty care services that include: Women’s Clinic, Laboratory & Vaccinations, Wound Care, Mental Health Care (individual, group, couples), Nutrition & Weight Management, Pain Psychology, Social Work, Substance Abuse & Tobacco Cessation, and Telehealth Services for a wide-variety of medical issues. Veterans in need of other specialty services are referred to the Gainesville or Lake City VA Medical Centers in Florida.

2841 North Patterson Street, Valdosta, GA 31602  (229)293-0132

See also “Federally Qualified Health Centers”
SICKLE CELL DISEASE

Children's Healthcare of Atlanta Sickle Cell Disease Program is home to the country's largest pediatric sickle cell disease program, caring for more than 1,800 children and young adults with a focus on prevention, treatment and follow-up care for sickle cell disease and its complications.

Children's HealthCare of Atlanta (404) 755-1112 www.choa.org/sicklecell

Georgia Comprehensive Sickle Cell Center at Grady Health System is the world's first 24-hour comprehensive primary care clinic for adult patients with sickle cell syndromes. Service include: routine health care by appointment, newborn screening and genetic counseling, 24-hour acute care for adults age 18 and older, chronic transfusion services, pain management, leg ulcer and hidrhea clinics, transition clinic – to ease the transition from pediatric to adult services, patient counseling, and sickle cell education and outreach.

Grady Health System (404)616-3388 www.gradhealth.org/specilaty/sickle-center

Sickle Cell Foundation of Georgia (SCFG) is one of the oldest sickle cell-focused institutions in the nation. Its mission is to reduce the incidence of sickle cell disease, to monitor the incidence of sickle cell, and to help improve the quality of life for persons afflicted with the disease. The Foundation sponsors educational programs, conducts testing, counsels families, supports healthcare providers, and coordinates activities that benefit patients through the year.

2391 Benjamin E Mays Jr Drive, Atlanta, GA 30311 (404)755-1641 www.sicklega.org

TRANSPORTATION

Georgia Medicaid NET Program is the non-emergency transportation program providing transportation for eligible Medicaid members who need access to medical care or services. This program only provides services to members when other transportation is not available and eligibility is determined at the time of the contact. Eligible Medicaid members must contact the broker serving their county three days in advance of their appointment to schedule transportation. Urgent care situations can be arranged more quickly. Each broker has a toll free number to schedule transportation and is available Monday through Friday from 7am to 6pm. LogistiCare is the broker providing Georgia Medicaid NET services in Berrien, Brooks, Clinch, Cook, Echols, Lanier, and Lowndes counties.

LogistiCare (888) 224-7985

MIDS Inc. operates a fully coordinated transportation system running a mixed fleet of DOT 5311 vehicles and company owned 15 passenger vans. MIDS Inc. performs DCH, DHS, GDOT (Public trips), vocational rehabilitation, workmen's compensation, private pay contracts and transportation for special events. The NET trips are contracted and performed through the states broker. DHS trips are contracted with Regional Development Centers which in turn contracts with MIDS Inc. to perform the DHS trips within their region. MIDS Inc. contracts with Bacon, Berrien, Brooks, Cook, Lowndes, Turner, and Ware County to be the Third Party Operator for the DOT 5311 Program in their area.

MIDS – Valdosta Office
1610 River Street, Valdosta, GA 31601 (229)316-2153
Top Four Cancers in Lowndes County:
1. Breast
2. Lung
3. Colon
4. Prostate

Prevention and Early Detection Programs

- SGMC will offer new Smoking Prevention program targeting youth
- SGMC will offer new Smoking Cessation program for adults
- SGMC will offer educational sessions on prevention and early detection of cancer and provide training tools
- SGMC will collaborate with area health partners to provide community-based screening programs at no charge to attendees

Evaluations will be completed at the end of each program to assess access and effectiveness

Identified Barriers

- Lack of insurance/rising costs of care
- Lack of transportation to medical visits & follow-up

Plans to Address Barriers

SGMC will work with area health agencies to provide improved access to care.

SGMC will address transportation needs with hospital and community agencies.
South Georgia Medical Center is a not-for-profit medical system dedicated to being the leader in improving the health, wellness and quality of life in the community.

SGMC is accredited by The Joint Commission.