

Community Health Needs Assessment- Lexington Medical Center

I. Introduction

Lexington Medical Center (LMC), a not-for-profit community hospital in Lexington, N.C., is part of Wake Forest Baptist Health. As part of Wake Forest Baptist Health, Lexington Medical Center has the resources of a nationally recognized academic medical center at its doorstep, enabling the facility to offer world-class health care, close to home. Lexington Medical Center operates 94 acute-care beds and serves as a satellite provider of Wake Forest Baptist Health specialty services including digestive health, emergency medicine, ENT Head and Neck surgery, medical and radiation oncology, among others. Additionally, Lexington Medical Center operates twelve hospital-owned physician practices and a public pharmacy. Lexington Medical Center is accredited by The Joint Commission and has been committed to providing for the health care needs of Davidson County since the 1920s.



Mission

As part of Wake Forest Baptist Health, LMC's mission is to improve the health of our region, state and nation by:

- Generating and translating knowledge to prevent, diagnose and treat disease.
- Training leaders in health care and biomedical science.
- Serving as the premier health system in our region, with specific centers of excellence recognized as national and international care destinations.

Vision

As part of Wake Forest Baptist Health, LMC's vision is a preeminent learning health system that promotes better health for all through collaboration, excellence and innovation.

Purpose of Community Health Needs Assessment (CHNA)

LMC has a long history of engaging and partnering in its community to identify and address the health needs of the community. Ongoing, unprecedented increases in the demand for healthcare are

challenging for communities and healthcare providers in this era of limited fiscal resources. In order to fulfill our mission and the requirements of the Affordable Healthcare Act for non-profit hospitals, LMC has conducted its third needs assessment for the 2020 - 2022 timeframe. This assessment is central to LMC's and WFBH's community benefit/social accountability plan. By determining and examining the service needs and gaps in our community, LMC can develop responses to address them through our community benefit plan and resources.

With the growing burden of chronic disease, the medical and public health communities are reexamining their roles and opportunities for more effective prevention and clinical interventions. The potential to significantly improve chronic disease prevention and impact morbidity and mortality from chronic conditions is enhanced by adopting strategies that incorporate a social ecology and place based perspective, realigning the patient-physician relationship, integrating population health perspectives into the chronic care model, and effectively engaging communities.

A Community Health Needs Assessment (CHNA) is an approach to collecting, analyzing and using data, including community input, to identify barriers to the health and wellbeing of its residents and communities leading to the development of goals and targeted action plans to achieve those goals. To undertake this mandate, Wake Forest Baptist Health formed an internal Community Benefit Steering Committee with representation from various departments and disciplines. Specifically, the Committee was charged to:

- Develop a comprehensive needs assessment and align with the WFBH's Strategic Plan
- Develop an implementation plan
- Monitor plan implementation and institute corrective measures if needed
- Evaluate the effectiveness of individual projects and the impact of community benefit initiatives as a whole
- Communicate the plan to external and internal audiences

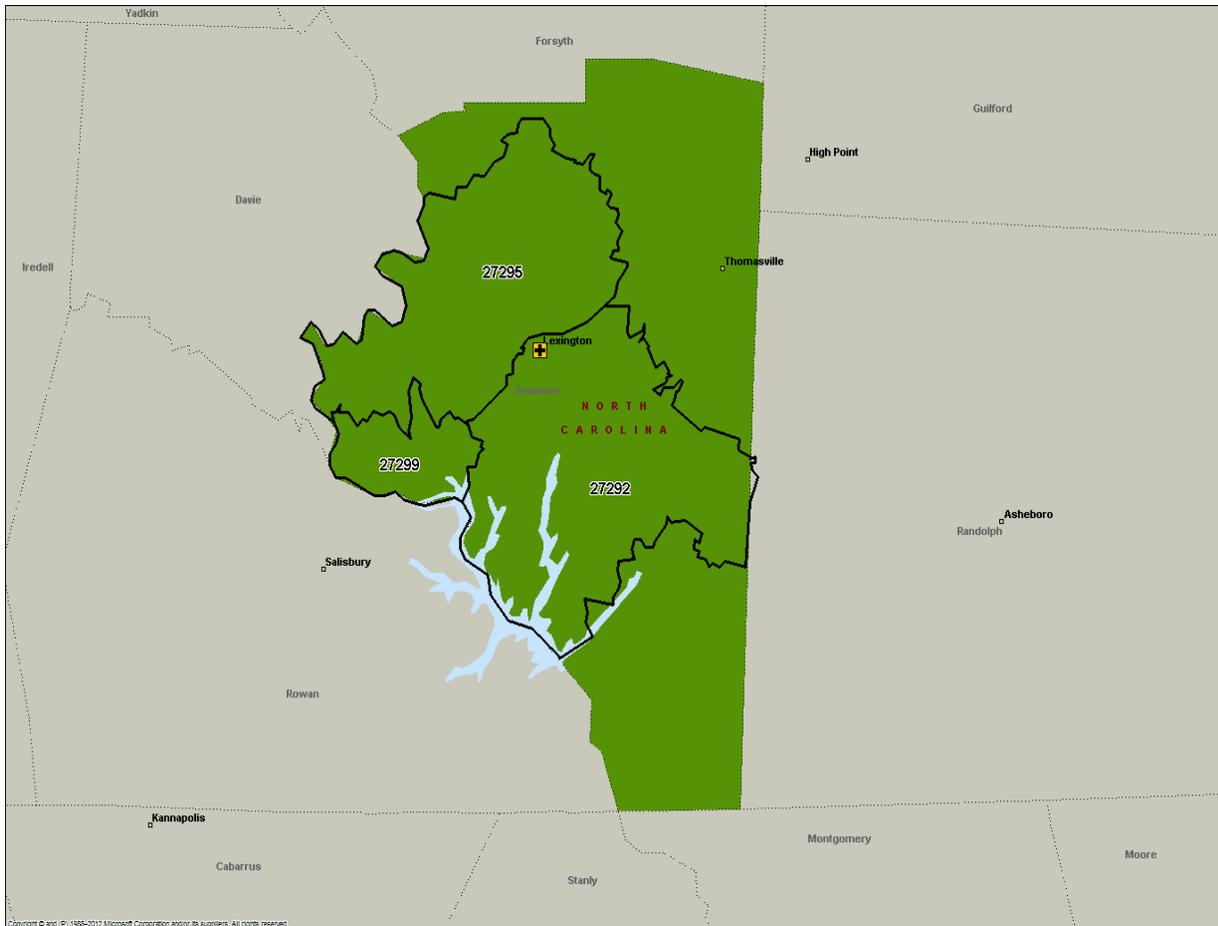
The Community Benefit Steering Committee recommended using the following model to guide planning and programmatic efforts, and to explain to internal and external stakeholders the rationale for the Community.



II. Description of Community Served and How it was Determined

Lexington Medical Center is located in Lexington, North Carolina in Davidson County. Lexington is the county seat for Davidson County. As a community hospital, Lexington Medical Center serves a geographic area that includes the cities of Lexington, Thomasville and the surrounding area. Its neighboring counties include Davie, Forsyth Guilford, Montgomery, Randolph and Rowan. Davidson County is primarily comprised of four zip codes: 27292, 27295, 27239, and 27360.

Davidson County covers approximately 553 square miles and has a population of approximately 295 residents per square mile¹. The County is mostly rural and located within the Piedmont region of central North Carolina. The geography consists of gentle rolling terrain broken by hills and streams. Davidson County experienced growth approximating 1.6% between 2010 to 2017. The most common industries in Davidson County are manufacturing, healthcare and social assistance and retail.



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<https://www.census.gov/quickfacts/fact/table/nc,thomasvillecitynorthcarolina,lexingtoncitynorthcarolina,davidsoncountynorthcarolina/PST045217>

Community Benefit Area

According to the official 2017 census, Davidson County has approximately 165,500 residents. The population of the county is 80% non-Hispanic white, 9.8 % non-Hispanic African American, 7.2% Hispanic or Latino, and 1.6% Asian. Davidson County is less diverse than the population of North Carolina. In addition, 7.7% of residents in Davidson County speak a language other than English in their home. The median income of the county is \$45,806 with the percentage of the population below poverty at 15.2%. 13% of Davidson County residents under the age of 65 do not have health insurance. The 2017 census indicated that Davidson County has a smaller proportion of persons with a bachelor’s degree or higher than compared to the proportion of persons in North Carolina. Likewise, the 2017 census indicated that Davidson County has a larger proportion of persons over the age of 64 than compared to the proportions of persons in these age groups in North Carolina.²

In 2016, the leading causes of death in Davidson County were cancer and heart disease. Diabetes was the seventh leading cause of death overall in Davidson County during 2012 – 2016. Davidson County’s diabetes mortality rate was slightly larger than the average North Carolina state rate. Heart disease, high blood pressure, high cholesterol and diabetes stem from obesity, lack of exercise and unhealthy life styles that are prevalent in Davidson County. Finally, for the period January 1, 2016 to September 30, 2017, admissions for diagnoses related to substance abuse have increased at least 10% in Davidson County.³

Neighborhood resources, ethnic diversity and fragmentation of services within Davidson County pose formidable organizational challenges in community benefit programming. Lexington Medical Center’s approach to community benefit adopts a comprehensive notion of health determinants that are spread across domains of behavioral risk, social and economic circumstances, environmental exposures, and medical care. The balance and effects of many of these determinants, e.g., availability of healthy foods, parks and other safe places to play and exercise, exposure to environmental irritants, and safe housing, are specific to Davidson County and are built into the Community Benefit Plan.

III. Process and Methods Used to Conduct the CHNA

LMC values the principles of community engagement (see table below) articulated by the Centers for Disease Control and has built its community benefit efforts on a community engagement model.

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<https://www.census.gov/quickfacts/fact/table/nc,thomasvillecitynorthcarolina,lexingtoncitynorthcarolina,davidsoncountynorthcarolina/PST045217>

³ www.co.davidson.nc.us/DocumentCenter/View/1376/2017-State-of-the-County-Health-Report-

Principles of Community Engagement

Principle	Key elements
Set Goals	<ul style="list-style-type: none"> • Clarify the purposes/goals of the engagement effort • Specify populations and/or communities
Study Community	<ul style="list-style-type: none"> • Economic conditions • Political structures • Norms and values • Demographic trends • History • Experience with engagement efforts • Perceptions of those initiating the engagement activities
Build Trust	<ul style="list-style-type: none"> • Establish relationships • Work with the formal and informal leadership • Seek commitment from community organizations and leaders • Create processes for mobilizing the community
Encourage self-determination	<ul style="list-style-type: none"> • Community self-determination is the responsibility and right of all people • No external entity should assume that it can bestow on a community the power to act in its own self-interest

Principle	Key elements
Establish partnerships	<ul style="list-style-type: none"> • Equitable partnerships are necessary for success
Respect diversity	<ul style="list-style-type: none"> • Utilize multiple engagement strategies • Explicitly recognize cultural influences
Identify community assets and develop capacity	<ul style="list-style-type: none"> • View community structures as resources for change and action • Provide experts and resources to assist with analysis, decision-making, and action • Provide support to develop leadership training, meeting facilitation, skill building
Release control to the community	<ul style="list-style-type: none"> • Include as many elements of a community as possible • Adapt to meet changing needs and growth
Make a long-term commitment	<ul style="list-style-type: none"> • Recognize different stages of development and Provide ongoing technical assistance

Source: Principles of Community Engagement: Edition 2. Clinical and Translational Science Awards Consortium Community Engagement Key Function Committee Task Force on the Principles of Community Engagement. 2011;11-778.

Literature Review and Secondary Data Sources

Other secondary data sources were reviewed including:

1. Wake Forest Baptist Medical Center Community Dashboard/Healthy Communities Institute: <http://www.wakehealth.edu/HCI/?hcn=CommunityDashboard>
2. County Health Rankings and Roadmaps: <http://www.countyhealthrankings.org/>
3. 2017 State of the County Health Report - <https://www.co.davidson.nc.us/DocumentCenter/View/1376/2017-State-of-the-County-Health-Report->
4. Davidson County Health Department Strategic Plan for 2016-2019 - <https://www.co.davidson.nc.us/DocumentCenter/View/155/Strategic-Plan-PDF?bidId=>
5. US Census Bureau 2010 Census (2017 estimates)
6. NC Center for Health Statistics/LINC
7. Healthy People 2020
8. Healthy North Carolina 2020
9. Center for Medicare and Medicaid – Health Outcomes Survey <https://hosonline.org/>

Primary Data Sources:

Wake Forest Baptist Health (WFBH) Strategic Plan

The WFBH 3-Year Strategic Plan was reviewed and potential areas of alignment with community benefit strategies were identified.

Community Input – Community Survey

The Davidson County Community Health survey was conducted in 2018. The survey solicited respondents' concerns about community health problems, unhealthy behaviors, and community social issues. Respondents were also queried as to their medical care access, personal health, and personal health behaviors. The survey instrument advised the participants that their responses would be confidential and not linked. The survey had over 1,100 respondents who were primarily white, female, middle aged with a high school or higher degree in education.

Survey highlights include the following:

- Obesity/overweight was the most commonly identified health problem in Davidson County, selected by more than 60% of respondents.
- Opioid crisis was the next most commonly selected health problem by more than 58% of the respondents.
- Mental health was the third most identified health problem in Davidson County, selected by 57% of the respondents.
- Diabetes, aging, heart disease and cancer were the most commonly selected health problems by respondents.
- Drug abuse was selected by more than 90% of respondents as the most important unhealthy behavior in Davidson County.
- Alcohol abuse was the second most commonly identified unhealthy behavior, chosen by 62% of respondents.
- The next most commonly identified unhealthy behaviors were lack of exercise/poor physical fitness (59%) followed by poor eating habits (52%).

In November 2018, the Davidson County Health Department hosted a community health assessment forum to discuss the results of the 2018 survey and the 2018 Davidson County Community Health Needs Assessment data. The forum was open to the general public and was attended by county health department officials, medical providers, representatives of the two local hospitals and representatives of other health agencies. The 2018 Davidson County Community Health Needs Assessment was a collaborative effort between the Davidson County Health Department, Wake Forest Baptist Health Lexington Medical Center and Novant Health Thomasville Medical Center.

Following the presentation given by outside data consultants, participants were asked to list their top five health problem priorities. The outcome of both the community health survey and the forum participants' lists were used by the Davidson County Health Department to identify their 3-4 health priority areas. Based on this information, the Davidson County healthy communities coalition recommended the following four priorities:

1. Substance misuse;
2. Mental health;
3. Chronic diseases; and
4. Access to care.

FaithHealthNC Community Asset Mapping

Throughout the summer of 2014, Faith Health NC engaged in community asset mapping of Davidson County's vulnerable communities utilizing the CHAMP (Community Health Assets Partnership) model with the goals of improving peoples' access to healthcare and listening to the healthcare providers and, more importantly, the voice of the healthcare seekers, the consumers of healthcare. FaithhealthNC provided a total of two community health mapping of neighborhoods workshops at the First Presbyterian Church in Lexington, NC. Major health factors identified includes poor mental health care access, access to care, social service bureaucracy, unemployment and lack of money and lack of transportation on the weekends. Identified assets included service ministries, hospitals, government supported health services and self-help services.

A follow up meeting was held at the Lexington YMCA on July 23, 2014 to share findings more explicitly with those who participated in the prior workshops as well as with any other interested participants. Twenty-five persons attended the meeting, who commented on workshop findings and offered their own recommendations, including: develop better communication between community organizations and health providers; greater emphasis on social accountability; need to connect informal support networks; bring conversations and organizations together to partner or share knowledge and resources; need an "army of people" from the community to connect community resources, as well as better align and train volunteers; need to inform hungry seniors of the resources available to them in the community; conduct regular meetings like this one, and ask what volunteers can do to give back (such as teaching Spanish). Lastly, the group suggested that the hospital should be more actively involved with conversation about caring for the un-insured to develop a mutually agreed upon strategy with community organizations and providers.

Comments from 2017-2019 CHNA

All CHNA and Implementation reports along with county indicator tracking is available on the WFBH and LMC websites- <http://www.wakehealth.edu/HCI/> and <http://lexington.wakehealth.edu/Community-Health.htm> . No comments from the public have been received to date. All future comments will be incorporated into future CHNA and implementation strategies and reports.

IV. Identification and Prioritization of Community Health Need

To address the community health needs identified in the CHNA, recommendations for initiatives were prioritized based on secondary data findings, primary data gathered through FaithHealthNC and Health Department workshop and survey findings as well as the feedback from the WFBH CHNA steering committee and senior leadership. The identified priority health needs and recommended initiatives were then grouped into the following four domains:

- Access to care
- Chronic disease management and prevention
- Behavioral health and substance dependency
- Maternal and child health

The following prioritization criteria and weighting was used to identify community benefit priorities:

Criteria	Weighted Value
Identified as a county priority	2
Disparity exists within census tract/zip code/county/market	3
WFBH steering/leadership perceive as a priority	2
Great potential to improve health status	3
Positive visibility for WFBH/LMC	1
High # of patients/residents can/would be impacted	2
Feasibility/resources availability /existing relationships	2
Supports Strategic Plan objectives	2
Synergy with current supported initiatives- FaithHealthNC, United Way	2
Coordinates/complements with County Health Department assessment priorities	1
Total points	20

A strategic framework was also developed with the ultimate goal of community engagement for LMC, which includes guiding principles for addressing the conditions/priorities that influence the health of communities and contribute to better health of the population served.

Guiding Principles

- **Focus on the places where need is concentrated.** Health in targeted neighborhoods served focusing on obesity, diabetes, healthy eating, exercise, and working with nutritious foods
- **Tighten Social Service /Other Agency partnerships.** Support/sustain enhance community resource agencies that care for the social and behavioral health needs of our patients and residents (Davidson Medical Ministries Clinic, Davidson County Health Dept., Senior Services, United Way of Davidson County, etc.).
- **Strengthen patients and partners through health education and literacy focus.** Programs and initiatives provide the opportunity to build the capacity of patients and community members to blend the very best of health science with their own intelligence and wisdom to make the choices that advance health of themselves and those they love.

The Community Benefit steering committee along with the Executive Team developed the final priorities which are summarized in the table below.

Domain	Priority Health Areas to Address
Access to Care	Decrease ED Utilization for uninsured/charity care patients
Access to Care	Increase WFBH patients with health insurance /usual source of care
Access to Care	Increase WFBH patients with access to transportation to clinic appointments
Access to Care	Increase primary care access points in vulnerable communities
Chronic Disease Management & Prevention	Healthy lifestyle behaviors and community environment – screenings, exercise promotion and healthy living classes

Chronic Disease Management & Prevention	Increase self-management education opportunities for patients and residents with chronic disease
Chronic Disease Management & Prevention	Increase primary care group visits for diabetic and obesity patients
Chronic Disease Management & Prevention	Increase patients and Wake employees enrolled in chronic care management programs
Chronic Disease Management & Prevention	Health screening and early detection: provide mammography/women’s cancer community screenings
Behavioral Health and Substance Abuse	Decrease ED Utilization for behavioral health related conditions
Behavioral Health and Substance Abuse	Increase education of basic mental health issues and resiliency strategies for community agency and laypersons support. Encourage Davidson County residents to participate in the Hospital’s Care Giver academy
Behavioral Health and Substance Abuse	Partner with DCSPAN to address the opioid and prescription drug problem and establish a central drug take back location.
Maternal and Child Health	Increase education for women on the benefits of good pre-conception health and early prenatal care
Maternal and Child Health	Provide breast feeding education and support

Given the high level of charity care, percent below poverty and number of co-morbidities as noted in the Wake Chronic Disease Registry data for obesity, diabetes, and hypertension, the following zip codes were prioritized for place based/community impact: 29295 and 29292.

V. Community Resources to Address Need

Many government agencies and community organizations maintain on-line resource directories to help the citizens of Davidson County locate the organizations and services they need. Among them are:

- Davidson County Department of Senior Services Community Resource Directory
The county department of Senior Services maintains an on-line directory of resources of interest—but not limited—to senior citizens. It can be located via the following URL:
<https://www.co.davidson.nc.us/DocumentCenter/View/865/Community-Resource-Directory-PDF>
- Davidson County Health Department Resource List
Davidson County Health Department maintains an on-line resource list arranged alphabetically and topically by kind of service offered. It can be located at:
<https://www.co.davidson.nc.us/DocumentCenter/View/199/Davidson-County-Resource-List-PDF>
- United Way of Davidson County
The United Way maintains an alphabetized list of links to partner agencies, most of which provide advocacy or direct assistance to the public. The list is accessed via:
<http://uwdavidson.org/agency-partners>

- 2-1-1 of Davidson County

With the help of the United Way, many communities in NC, including Davidson County, help maintain a local “2-1-1” phone information system to help citizens locate health and human services and resources as varied as employment assistance, food pantries, or homeless shelters. A call to NC 2-1-1 is free, confidential, and available all day, every day, and in any language. In addition, there is a brochure that provides phone numbers and other county resources via the following URL: <https://www.co.davidson.nc.us/DocumentCenter/View/198/Community-Assistance-Brochure-PDF?bidId=>

- North Carolina Division of Workforce Solutions

The North Carolina Division of Workforce Solutions maintains an on-line community resource assistance guide that includes agencies providing childcare, clothing, education/training, employment, food, home health, housing, legal aid, libraries, medical care, government agencies and other resources. The guide can be found at: https://www.ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Davidson_County.pdf

MISCELLANEOUS

- Alpha Pregnancy Support 336-242-1218
- The Arc of Davidson County Developmental Disabilities 336-248-2842
- Center for Prevention Services 704-375-3784
- City of Lexington Parks and Recreation 336-248-3960
- City of Thomasville Parks and Recreation 336-475-4280
- Davidson County Library 336-242-2040
- Davidson County Parks and Recreation (Special Olympics) 336-242-2285
- Davidson Info. Assistance Line 336-242-2005
- Denton Parks and Recreation 336-859-4231
- Department of Juvenile Justice 336-249-2197
- Get Real Program 336-242-2217
- J. Smith Young YMCA 336-249-2177
- Kid Talk, Inc. 336-688-1648
- Legal Aid 336-249-7736
- Piedmont Triad Regional Council Area Agency on Aging 336-904-0300
- Senior Services Information and Options Counseling (age 60+) 336-242-2290
- Services for the Blind 336-242-2544
- Services for Deaf & Hard of Hearing 336-224-0116 TTY: 336-224-5048
- Smart Start 336-249-6688
- Social Security Admin. 800-772-1213
- Thomasville YMCA - 1010 Mendenhall Street, Thomasville 336-475-6125
- Volunteer Income Tax Assistance 336-224-4569
- WFBH Lexington Medical Center Smoking Cessation 336-248-5161
- Workshop of Davidson 336-248-2816
- Youth Villages 336-931-1800
- Faith Health NC 336-238-4560

MEDICATION DROP BOXES

- Davidson Medical Ministries Clinic - 420 N. Salisbury Street, Lexington, and 611 Randolph Street, Thomasville
- WFBH Medical Park Pharmacy - 2316 South Main Street, Lexington
- Novant Health Thomasville Medical Center - 207 Old Lexington Road, Thomasville

MEDICAL CARE MEDICAL SUPPLIES, MEDICATION

- Advanced Home Care 336-896-3100
- Cancer Services of Davidson County 336-249-7265
- Cooperative Community Ministries 336-476-1842
- Davidson Co. Health Dept. Lexington 336-242-2300 (Mammograms 336-242-2314)
- Davidson Co. Prescription Card 1-877-321-2562
- Davidson Medical Ministries- Lexington 336-243-7475; Thomasville 336-474-4585; Children's Dental Clinic 336-243-3201
- ECU Dental School 336-236-0165
- Hospice of Davidson County 336-475-5444
- Lion's Club (eye exam, Rx glasses or eye surgery) 336-242-2544
- Positive Wellness Alliance (HIV/AIDS) 336-248-4646
- Senior Services (Info only) Lexington 336-242-2290
- Social Services 336-242-2500- Medicaid-NC Health Choice
- Tyro United Methodist Church 336-853-7459
- Novant Health Thomasville Medical Center 336-472-2000 (Mammograms 336-476-2572)
- WFBH Lexington Medical Center 336-248-5161 (Mammograms 336-238-4251)

TRANSPORTATION

- Davidson Co. Transportation 336-242-2250
- Carolina Custom Transportation 336-754-2155
- Lexington Wheelchair Transportation 336-456-0709
- Piedmont Area Regional Transportation System (PART) 336- 662-0002
- Piedmont Triad Ambulance and Rescue (PTAR) 336-249-0570
- Providence Transportation 336-472-7433
- Senior Services (age 60+) 336-242-2290 336-474-2754
- Express Taxi 336-472-5553

MENTAL HEALTH and SUBSTANCE ABUSE

- Cardinal Innovations Healthcare - 24/7 800-939-5911
- Nazareth Child and Family Connection 336-300-7614
- Daymark Recovery Services 336-242-2450
- Facility Based Crisis-Davidson 336-300-8826
- Family Services of Davidson County 336-249-0237
- Thomasville Medical Center Geriatric Behavioral Health (inpatient) 336-476-2446
- Lexington Treatment Associates - 336-224-1919
- Thomasville Treatment Associates - 336-472-8230
- Mobile Crisis Engagement - 24/7 - 800-939-5911
- Monarch 336-224-6071

- RHA Passageways Clubhouse 336-242-2403
- Path of Hope, Inc. 336-248-8914
- Lexington Assessment Center 336-248-5161
- CareNet Counseling 336-238-4763

SUPPORT GROUPS

- Alcoholics Anonymous 336-249-6636
- Alpha Pregnancy 336-242-1218
- Autism-Davidson County Chapter 336-817-9573
- Caregivers Solutions 336-238-4454
- Cancer Services of Davidson County 336-249-7265
- Thomasville Medical Center Diabetes Support Group 336-476-2880
- Epilepsy Foundation of DC 336-300-4681
- Family Services of Davidson County 336-249-0237
- Friendship Club-Visually Impaired 336-248-3960
- Geriatric Behavioral Health 336-476-2446
- Grief Share Group 336-764-4389
- Hospice of Davidson County 336-475-5444
- Life Center of Davidson County 336-249-2155
- Lorven Child and Family Development 336-236-7347
- Parents of Children of Sexual Abuse 336-249-0237
- Davidson County Mental Health Association 336-956-2952
- Positive Wellness Alliance-HIV/AIDS 336-248-4646
- Sexual Assault Response Program 336-249-0237
- Thomasville Medical Center Breastfeeding Support Group 336-474-3253

HOME HEALTH/ RESPITE

- Hospice of Davidson County 336-475-5444

RENT, UTILITIES & EMERGENCY ASSISTANCE

- Cooperative Community Ministry 336-476-1842
- Crisis Ministries 336-248-6684
- Energy United Foundation 800-522-3793
- Fairgrove Family Resource Center 336-472-7217
- Salvation Army Lexington 336-249-0336 Thomasville 336-472-7800
- Senior Services (Info only) Lexington 336-242-2290
- Social Services 336-242-2500
- South Davidson Family Resource Center 336-859-5399⁴

VI. Progress to Date on 2017 - 2019 Priorities

The following tables below provide detailed updates of the 2017-2019 CHNA priority progress.

⁴ <https://www.co.davidson.nc.us/DocumentCenter/View/198/Community-Assistance-Brochure-PDF?bidId=>

1) Educate the Davidson County on Healthy Lifestyle, Proper Nutrition & Exercise

Description	FY 17, 18, 19
Best Health and other classes provided at Lexington Medical Center focusing on cooking, nutrition, exercise and healthy lifestyle	16 classes with topics on health, exercise, nutrition and financial health provided free to Davidson county residents.
Walktober Challenge	Challenge participants to walk 31 minutes for 31 days in October
Community Health Expos	LMC Health Fair, Touch a Truck Community Health Expo and Community Health Day to educate Davidson County on nutrition, exercise, and healthy living
Lexington Barbecue festival tents	Provided free screenings and other health related information to festival participants. The Lexington Barbecue festival is a top 10 national food festival that draws approximately 200,000 folks to Lexington.

2) Offer programs & screenings to help residents lower their risk for chronic disease

Description	FY 17, 18, 19
Classes and Lunch and Learn topics on chronic disease management	Hosted 9 classes during fiscal years 2017, 2018 and 2019 on topics such as diabetes, opioid crisis, heart disease, cancer, bone density, urology and strokes
Community Health Screenings	Held 9 free community health screenings at the Females in Fitness Health Fair, LMC Health Fair, Touch a Truck, All Heart Dinner, Ladies Night out, Bone Density Seminar, Stroke Seminar, Lexington Barbeque festival & Community Health Day. The free health screenings included BMI, cholesterol, triglycerides, EKGs, bone density, blood pressure, glucose and other health screenings.
Diabetes Self-Management Education Program	The program, recognized by the American Diabetes Association, is designed to teach participants the basics of diabetes and how best to approach nutrition, physical activity, medications and disease monitoring at home.
Breast Cancer Support	In 2018, LMC expanded it access to advance mammography technology at its outpatient imaging center. The revolutionary technology reveals greater details, which may help to detect breast cancer sooner.
Breastfeeding Support	In 2018, LMC won the North Carolina Breastfeeding Coalition award in recognition of its outstanding efforts to support breast feeding.

3) Access to care

Description	FY 17, 18, 19
Faithhealth NC Connectors	Serve a critical role in helping Davidson County residents with transportation to their medical appointments and after Medical Center discharge. Since 2016, we added 43 volunteers that have served approximately 150 persons in conjunction with 38 Davidson County congregations.
Partnership with Davidson Medical Ministries	Provide annual sponsorship and approximately \$2 million of free lab and imaging services to the Davidson Medical Ministries Clinic in 2017 and 2018.
New providers and health care specialties	Wake Forest Baptist Health added 42 new providers and 7 new clinics in cardiology, podiatry, urology, internal medicine and family medicine in Davidson County since 2016.
New surgical unit	In June 2018, LMC broke ground on a new 26,500 sq. ft. surgical facility. The new facility will include 4 operating rooms, a 10 bay post-anesthesia care unit, a urology procedure room, a waiting area and consultation rooms.

4) Behavioral health

Description	FY 17, 18, 19
Caregiver Academy	Beginning in 2019, LMC will provide an 11 month program providing free classes that offer education and support to Davidson County caregivers. In addition to providing education, resources and tools on select caregiving topics, the classes provide a platform for questions, answers and information sharing.
CareNet & Faithhealth ministries	Provide community education on mental health issues at various faith sponsored events and provide training to local clergy on spiritual and emotional wellness and support. Partner with CenterPoint and other agencies as a joint referral source for patients.
Coalition Member of Davidson County Stop Prescription Abuse Now (DCSPAN)	In March 2018, LMC participated in four DCSPAN's community conversations, a free public forum that addressed problems with opioids in Davidson County. Also, LMC Medical Park Pharmacy serves as a permanent drug take back location.