

Yuma Rehabilitation Hospital

2022/23 Community Health Implementation Plan / Strategy

Addressing Significant Health Needs

Yuma Regional Medical Center and Yuma Rehabilitation Hospital conducted a Community Health Needs Assessment in 2022. Working collaboratively with our Yuma County public health partners and Southwest Arizona Town Hall (formerly known as the Southwest Arizona Futures Forum, or SAFF), Yuma Regional Medical Center adopted the below-listed community health priorities as a working document and vision to address the top health concerns within our defined service area, Yuma County. In alignment with our mission, goals and strategic priorities, Yuma Rehabilitation Hospital will focus on the below listed insert three priorities:

1. Heart Disease/Stroke
2. Nutrition, Physical Activity, Weight
3. Potentially Disabling Conditions

Strategies for addressing these identified health priorities are outlined below.

Priority Area: Heart Disease and Stroke

Heart disease and stroke is among leading causes of deaths in Yuma County. Prevalence of heart disease and stroke are high. High pressure and high blood cholesterol are also prevalent. Overall cardiovascular risk is high.

Goals:

- **Increase knowelde of community and referral sources regarding the American Heart Association's recommendations for Inpatient Rehabilitation Facility following stroke.**
- **Increase awareness in community about risk of heart disease and stroke**
- **Improve patient outcomes through education and support services**

Strategy 1: Educate community and referral sources on the American Heart Association's recommendations for IRF following stroke. Promote YRH Disease Specific Citification for Stroke by the Joint Commission.

Target Population(s): Yuma County service area

Strategy 2: Expand community patient / education of risk factors for heart disease and stroke through community events and seminars. Continue monthly Heart Healthy cooking classes with City of Yuma.

Target Population(s): YRH patient population and Yuma County service area

Priority Area: Nutrition, Physical Activity, Weight

Low fruit and vegetable consumption and growing number of those with reported food insecurity. High incidence of overweight / obesity. Access to recreation and fitness facilities low. Key informants ranked nutrition, physical activity and weight as a top health concern.

Goals:

- **Promot physical activity among community through physical activity events**
- **Partner with community to increase consumption of cost effective healthy meals**

Strategy 1: Create and support community events that are geared around physical activity

Target Population(s): Yuma County service area

Strategy 2: Partner with City of Yuma to increase consumption of fruits and vegetables through low cost meal ideas

Target Population(s): Yuma County service area

Priority Area: Potentially Disabling Conditions

36.8% of county residents report having three or more chronic health conditions. People with disabilities are less likely to get preventive health care services.

Goals:

- Increase independence in populations with chronic conditions
- Decrease risk for injuries related to chronic conditions

Strategy 1: Educate community and partners on self and rapid admission program to help support individuals with chronic conditions being referred to YRH for inpatient rehabilitation

Target Population(s): Yuma County service area

Strategy 2: Yuma Rehabilitation Hospital therapy department education on fall prevention strategies for patients and community outreach

Target Population(s): YRH patient population and Yuma County service area