Macon County Community Health Needs Assessment

Introduction

Samaritan Hospital has conducted a Community Health Needs Assessment as required by Missouri Law. The passage of the Patient Protection and Affordable Care Act requires tax exempt hospitals to conduct needs assessments and develop community benefit plans every three years. The needs assessment is a primary tool used by the Hospital to determine its community benefit plan, which outlines how the Hospital will give back to the community in the form of health care and other community services and to address unmet community health needs. This assessment incorporates components of primary data collection and secondary data analysis that focus on the health and social needs of the Samaritan Hospital service area.

Executive Summary

Located in Macon Missouri Samaritan Hospital has served Macon County Residents and the surrounding area for more than 85 years. Samaritan Hospital is a not-for-profit, 25 beds, Critical Access Hospital. The facility offers a wide range of services including: Acute Care Services, Emergency Services, Laboratory Services, Imaging Services, Rehabilitation Therapies, Swing Bed Services, and Outpatient Clinics including: Cardiology, Pulmonologist, Dermatology, Rheumatology, Pain Management, Gastrointestinal, Wound Care, and Gynecology, Orthopedics, and General Surgery. Samaritan Hospital also offers a Cardiac Rehabilitation Unit. Samaritan has an outstanding staff of primary care physicians supported by medical specialist and professionals from Docs Who Care. The Active Medical Staff of Samaritan Hospital is comprised of 6 Primary Care Physicians, Orthopedic Surgeon, General Surgeon, Podiatrist, Pathologist, 5 Nurse Practitioners and Physician Assistant. The primary care clinic is located on the campus of Samaritan Hospital.

Samaritan Hospital prides itself on a continuing commitment to the economic growth and stability in Macon County. Providing ongoing programs that enhance the health of its citizens is a core value of the organization.

Methods of Data Collection

Primary Data Collection

A steering committee comprised of Samaritan Hospital, Macon County Health Department, , Nursing Home Representatives and Local Primary Care Providers, were contacted and asked to participate in the development of a needs assessment. A Community Health Needs Assessment survey was also distributed via Survey Monkey web link on our website and emailed to Macon County residents. These results were used as a sample for the service area of Samaritan Hospital. There were 296 surveys complete.

The following is an overview of some of the data points.
- 76% of the surveys were from Macon City zip code 63552.
- 82% of the surveys were completed by female respondents.
- 79% respondents have lived in the area for more than 11 years. 66% for more than 20 years.
- 95% of respondents have an established relationship with a Physician / Nurse Practitioner.
- 83% of respondents have an established relationship with a Dentist.
- 86% of respondents have an established relationship with an eye care professional.
- 44% have used the emergency department in the past 12 months.
- 85% felt the visit to the emergency department was either acute or need immediate attention.
- 14% of the respondents indicated they had trouble finding a physician in the last two years.
- 68% travel 20 miles or less to a hospital.
- 64% travel 20 miles or less to a provider.

Secondary Data Collection

Secondary data was collected from a variety of local, county, and state sources to present a community profile, death characteristics, and access to health care, chronic diseases, social issues, education, employment characteristics, and other select data to complete this report. When pertinent, these data sets are presented in the context of Macon County and the State, framing the scope of an issue as it relates to the broader community.

This report presents a summary that highlights the data findings and presents the key needs in the community with opportunities for action. Following you will find a detailed narrative report that examines each data category.
Community Profile/ Population / Race

- Residents are primarily White Caucasian 95%, and African American 2.4%
- The age distribution indicates a high percentage of the population is 40-64 (33.4%), followed by 20-39 (20.8%) and 65 and older at (21%).
- English is the primary language among Macon County Residents, with Spanish being the second most common language.

Access to Health Care

The county has an uninsured rate of 18% which is slightly higher than either the state (15%) or national average (11%).

Primary Care Physicians data reveals that the ratio of population to Primary Care Physicians is higher in Macon County (2,590:1) than either the state (1,040:1), or the national (1,420:1) benchmarked.

Dentist availability as a function of the population for Macon County (2,580:1), appears to be similar to the State (1,870:1), but considerably less than the national benchmark (1,340:1).

Health Behavior

Missouri ranks 41st in Health outcomes out of 115 counties.

Adult smoking – 20% of Macon County residents smoke as compared to the state (21%) and national benchmark of 14%

Adult obesity – 31% of Macon County residents are considered obese (BMI of 30 or more). As compared to the state average 31% and national average of 25%

Excessive Drinking – 15% of Macon County residents exhibit this behavior compared to the state (16%) and national benchmark of 12%.

Motor vehicle crash death rate (per 100,000 pop) is 24 for Macon County as compared to the State (15) and national data of 9.

Teen birth rate – (per 1,000 female pop.) for Macon County residents is 48 compared to Missouri (38) and national (19).
SOCIAL AND ECONOMIC

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Macon County</th>
<th>State</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>High School Graduation</td>
<td>90%</td>
<td>88%</td>
<td></td>
</tr>
<tr>
<td>Some College</td>
<td>55%</td>
<td>65%</td>
<td>72%</td>
</tr>
<tr>
<td>Unemployment</td>
<td>6.1%</td>
<td>6.1%</td>
<td>3.5%</td>
</tr>
<tr>
<td>Children in Poverty</td>
<td>26%</td>
<td>21%</td>
<td>13%</td>
</tr>
</tbody>
</table>

PHYSICAL ENVIRONMENT

<table>
<thead>
<tr>
<th></th>
<th>Macon County</th>
<th>State</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe Drinking Water</td>
<td>100%</td>
<td>89.4%</td>
<td>81.2%</td>
</tr>
<tr>
<td>Access to Recreational Activities</td>
<td>22%</td>
<td>10%</td>
<td>16%</td>
</tr>
<tr>
<td>Limited Access to Healthy Food</td>
<td>6%</td>
<td>6%</td>
<td>2%</td>
</tr>
<tr>
<td>% Restaurants that are Fast Food</td>
<td>38%</td>
<td>47%</td>
<td>27%</td>
</tr>
</tbody>
</table>

CONCLUSION

The perceived need for additional health care services are as varied and can be as different as each person’s opinion. With that being said, Samaritan Hospital and our health care provider partners, will prioritize and work toward resolution of the most critical needs, outlined in the primary and secondary data.

For your information the following graphical data highlight the responses from the survey tool utilized for the Community Health Needs Assessment.
DEMOGRAPHICS OF MACON COUNTY

- Population: 15,335
- Number of Households: 6,243
- Average Household Size: 2.43
- Median Household Income: $36,976
**DEMOGRAPHICS OF MACON COUNTY**

- **Age of Population:**
  - 0-14: 19.9%
  - 15-24: 11.1%
  - 25-44: 21.9%
  - 45-54: 13.9%
  - 55-64: 13.5%
  - 65+: 19.5%

- **Residents:**
  - White/Caucasian: 94.9%
  - African American: 2.4%
  - Other: 2.7%

**SERVICE AREA ZIP CODES SURVEYED**

*Q1 What is your zip code?*

Answered: 740, Skipped: 30
Demographics of Survey Response

Q2 What is your gender?

Answered: 292  Skipped: 4

![Bar Chart]

- Female: 80%
- Male: 20%

Samaritan Hospital
Q5 What are the ages of the people who live in your household?

Answered: 296  Skipped: 8

Ages

- Yourself
- Person 2
- Person 3
- Person 4
- Person 5
- Person 6

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

- 0-35 Months
- 3-5 Years
- 6-12 Years
- 13-17 Years
- 16-24 Years
- 25-44 Years
- 45-54 Years
- 55-64 Years
- 65+ Years

Samaritan Hospital
DEMOGRAPHICS OF SURVEY RESPONSE

Q6 How long have you lived in the area?
Answered: 294  Skipped: 2

DEMOGRAPHICS OF SURVEY RESPONSE

Q49 What is the highest level of school you have completed or the highest degree you have received?
Answered: 293  Skipped: 3
**DEM OG R A Ph ICS OF S U RVEY R ES PONSE**

Q50 Including yourself, how many adults in your household are retired?

Answered: 292  Skipped: 4

**DEM OG R A Ph ICS OF S U RVEY R ES PONSE**

Q51 Including yourself, how many adults (ages 18 and over) in your household are employed fulltime?

Answered: 289  Skipped: 7
**Demographics of Survey Response**

**Q 52** Number of Household members covered by health insurance?

- **No. of Adults covered**
- **No. of children covered**
- **No. not covered**
**Demographics of Survey Response**

**Q53** If you or members of your household have health insurance coverage, how is it obtained? (check all that apply)

- Medicare A
- Medicare B
- Medicaid
- Retirement Plan Insurance
- Employer’s Insurance Plan
- Veteran’s Administration
- Private purchase
- Vision Insurance

**Demographics of Survey Response**

**Q54** Do you have a Medicare Advantage Plan?

- Yes
- No

Answered: 279  Skipped: 17
Q55. Do any of your insurance policies provide dental coverage?

Answered: 294  Skipped: 2

Q56. Do any of your insurance policies pay for prescription drugs?

Answered: 294  Skipped: 2
SURVEY RESPONSE

Q59 Do you have a durable power of attorney in place?
Answered: 295  Skipped: 1

SURVEY RESPONSE

Q63 How would you describe your housing situation?
Answered: 292  Skipped: 4
### Survey Response

**Q64** Some of the following issues may have been a problem in your household. If it has been a problem in the last 12 months please tell us how much of a problem.

<table>
<thead>
<tr>
<th>Issue</th>
<th>Not a problem</th>
<th>Minor Problem</th>
<th>Major Problem</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Substance Abuse – (alcohol or legal meds)</td>
<td>153</td>
<td>6</td>
<td>6</td>
<td>1</td>
</tr>
<tr>
<td>Adult Substance Abuse – (illegal drugs)</td>
<td>160</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Youth Substance Abuse – (alcohol, drugs, etc)</td>
<td>159</td>
<td>3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Caring for Adults with disabilities</td>
<td>144</td>
<td>16</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td>Caring for a Child with disabilities</td>
<td>148</td>
<td>10</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Child Abuse</td>
<td>158</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Physical Violence against adults</td>
<td>161</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Depression</td>
<td>95</td>
<td>59</td>
<td>20</td>
<td>1</td>
</tr>
<tr>
<td>Elder Care</td>
<td>145</td>
<td>14</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Not enough money for food</td>
<td>128</td>
<td>30</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Not able to afford healthy food</td>
<td>122</td>
<td>34</td>
<td>8</td>
<td>0</td>
</tr>
<tr>
<td>Not able to afford transport</td>
<td>146</td>
<td>11</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Not enough money for housing</td>
<td>143</td>
<td>10</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Not enough money for doctor, dentist or pharmacy</td>
<td>93</td>
<td>57</td>
<td>21</td>
<td>1</td>
</tr>
<tr>
<td>Not enough money for mental health counselor</td>
<td>132</td>
<td>16</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Use of tobacco products</td>
<td>129</td>
<td>24</td>
<td>12</td>
<td>3</td>
</tr>
<tr>
<td>Not being able to find or afford after school care</td>
<td>144</td>
<td>7</td>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>159</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Teen Pregnancy</td>
<td>154</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>
Q7 How often do you use seatbelts when you drive or ride in a car?

Q8 How often do you text or use a cell phone when driving?
**Survey Response**

**Q9** During the past 12 months have you received a flu shot?

Answered: 295  Skipped: 1

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Survey Response**

**Q10** Have you ever been told by a doctor you have high blood pressure?

Answered: 296  Skipped: 0

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>If yes, are you on prescription medication.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Survey Response**

Q11 Have you ever been told by a doctor you need to lose weight for health reasons?
Answered: 294  Skipped: 2

Q12 During the past month have you participated in any physical activities or exercise, such as running, walking, golf, etc?
Answered: 296  Skipped: 0
Q13 How many times a week do you participate in this activity?

Answered: 244  Skipped: 52

SURVEY RESPONSE

Q14 Are you currently trying to lose weight?

Answered: 292  Skipped: 4
Q18 Do you use smokeless tobacco?

Answered: 290  Skipped: 6
Q19 Have YOU ever been told by a doctor that you have one of the following conditions?

Answered: 158  Skipped: 138

- Adult Asthma
- Angina or Coronary Art.
- Bacterial pneumonia
- CHF - Congestive
- COPD - Chronic Obstructive
- Diabetes or High Blood...
- Heart Attack
- High Cholesterol
- Hypertension - High Blood...
- Stroke
- Cancer - Please specify

0%  10%  20%  30%  40%  50%  60%  70%  80%  90%  100%
Q20 Do have a Family History of one of the following conditions?

Answered: 264  Skipped: 32

- Adult Asthma
- Angina or Coronary Artery
- Bacterial Pneumonia
- CHF - Congestive Heart Failure
- COPD - Chronic Obstructive Pulmonary Disease
- Diabetes or High Blood Sugar
- Heart Attack
- High Cholesterol
- Hypertension - High Blood Pressure
- Stroke
- Cancer - Please specify

---

Samaritan Hospital
Q21: Has a child (age 17 or younger) in your household been diagnosed with one of the following conditions?

- Asthma
- Diabetes
- Overweight or Obese

Answered: 39  Skipped: 261

Q22: If a child in your household has asthma, how many times during the past year did you visit the Emergency Room because of asthma.

Answered: 35  Skipped: 261
Q23 Has a child (age 17 or younger) in your household used the following: (check all that apply)

Answered: 11  Skipped: 285

- Alcohol
- Drugs
- Tobacco

Q24 Are you or any household member a primary caregiver for an aged, disabled or chronically ill person?

Answered: 222  Skipped: 24
**SURVEY RESPONSE**

Q25 How long has it been since you visited the doctor for a general routine check? (Not for specific injury, illness or condition).

Answered: 285  Skipped: 1

- Less than 12 months: 80%
- Within the last 3 years: 20%
- Within the last 5 years: 10%
- More than 5 years: 5%
- Never: 5%

---

**SURVEY RESPONSE**

Q26 If your last visit was more than two years ago, is it because -

Answered: 47  Skipped: 248

- Do not have a medical condition requiring...: 50%
- Do not receive any routine health...: 60%
- Could not schedule appointment due to work...: 10%
- Could not afford payments due, regardless...: 5%
- Could not arrange transport: 5%
SURVEY RESPONSE

Q27 If you or a household member have a health care need:
Answered: 267  Skipped: 9

SURVEY RESPONSE

Q28 How many times during the last 12 months have you or any household member used a hospital emergency room?
Answered: 294  Skipped: 2
**SURVEY RESPONSE**

**Q29** If you or a household member used a hospital emergency room in the past 12 months, was it due to:

Answered: 116  Skipped: 186

- Acute illness
- Injury requiring immediate attention
- Injury not requiring immediate attention
- Congestive illness
- Dental care

**SURVEY RESPONSE**

**Q30** How many times during the last 12 months have you or any household member used an urgent care?

Answered: 298  Skipped: 8

- None
- 1-2 times
- 3-5 times
- 6 or more times
Q31 Have you or anyone in your household had any difficulty finding a doctor within the past two years?

Answered: 294  Skipped: 2

Q32 If you had trouble finding a doctor, why? (Please check all that apply)

Answered: 47  Skipped: 254
Q33 Have you or anyone in your household had difficulty finding a doctor to treat a specific illness or condition in your area within the past two years?

Answered: 294  Skipped: 2
Q34 If yes, what type of specialist were you looking for?

Answered: 50  Skipped: 246

- Bone and Joint (Orthopedic)
- Cancer (Oncology)
- Children's (Pediatrics)
- Dentist
- Diabetes Specialist
- Heart (Cardiology)
- Lung and Breathing
- Mental Health Specialist
- Nerve and Brain...
- Women's Health Specialist
- Dermatology
- Rheumatology
- Urologist
- Other

Percentage Chart
Q35 Why were you unable to visit the specialist when you needed one?

Answered: 47  Skipped: 249

Q36 How long has it been since you had your blood cholesterol level checked?

Answered: 296  Skipped: 0
Q37 Have you ever been told by a doctor or health care professional that your blood cholesterol is too high?

Answered: 294  Skipped: 2
Q38 How long has it been since you had your blood checked for diabetes?

Answered: 295  Skipped: 1

Q39 Have you ever been told by a doctor or health care professional that you have high blood sugar or diabetes?

Answered: 294  Skipped: 2
Q40 If you are over 50 years old, how long has it been since you had an exam or screening for colon cancer?

Answered: 155  Skipped: 141

Q41 If you are over 40 years old, how long has it been since your last mammogram?

Answered: 194  Skipped: 192
**SURVEY RESPONSE**

Q42 If you are over 21 years old, how long has it been since your last breast exam by a doctor or nurse?

Answered: 257  Skipped: 33

![Bar chart showing response distribution](chart1.png)

**SURVEY RESPONSE**

Q43 If you are over 25 years old, how long has it been since your last Pap smear?

Answered: 252  Skipped: 44

![Bar chart showing response distribution](chart2.png)
Q44 What do you think are the most pressing health problems in your community?

Answered: 283  Skipped: 13
Q45 What medical services are most needed in your community? (Check all that apply)

Answered: 247  Skipped: 48
Q46 What types of health education services are most needed in your community? (Check all that apply)

Answered: 236  Skipped: 60

- Alcohol Abuse
- Alzheimer's Disease
- Asthma
- Breast Feeding
- Cancer Screening
- Child Abuse/Family...
- Diabetes
- Diet
- Drug Abuse
- Exercise
- HIV/AIDS
- Sexually Transmitted...
- Smoking Cessation
- Stress Management
- Other (please specify)
### SURVEY RESPONSE

**Q47 HEALTH SERVICES NEEDED IN COMMUNITY**

**Answered: 53  Skipped: 243**

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Services – Counseling and Autism</td>
<td>13</td>
</tr>
<tr>
<td>Womens’ services, such as obstetrics/gynecological services</td>
<td>5</td>
</tr>
<tr>
<td>Primary Care and Internal Medicine Providers</td>
<td>4</td>
</tr>
<tr>
<td>Cancer testing and treatment</td>
<td>3</td>
</tr>
<tr>
<td>Clinics - Free</td>
<td>3</td>
</tr>
<tr>
<td>Dental – Affordable services</td>
<td>3</td>
</tr>
<tr>
<td>Pediatric services</td>
<td>3</td>
</tr>
<tr>
<td>Transportation</td>
<td>3</td>
</tr>
<tr>
<td>Exercise/Gyms - affordable</td>
<td>2</td>
</tr>
<tr>
<td>Health/Nutrition Education</td>
<td>2</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
</tr>
</tbody>
</table>
## Survey Response

**Q48 Improving Overall Health of Community**

Answered: 65  Skipped: 231

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education – preventative, health lifestyles</td>
<td>12</td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>6</td>
</tr>
<tr>
<td>Affordable Health Care and Prescriptions</td>
<td>5</td>
</tr>
<tr>
<td>Walking, biking and hiking trails – affordable gyms</td>
<td>5</td>
</tr>
<tr>
<td>Medicaid expansion</td>
<td>3</td>
</tr>
<tr>
<td>Access to quality providers</td>
<td>3</td>
</tr>
<tr>
<td>Free Screenings</td>
<td>2</td>
</tr>
<tr>
<td>Free Health Care and Dental</td>
<td>2</td>
</tr>
<tr>
<td>Insurance Costs</td>
<td>2</td>
</tr>
<tr>
<td>Incentive for joining gyms and healthy lifestyle</td>
<td>2</td>
</tr>
<tr>
<td>Health Festival</td>
<td>2</td>
</tr>
<tr>
<td>Health Department more involved – education, events</td>
<td>2</td>
</tr>
<tr>
<td>Cancer Specialists</td>
<td>1</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>1</td>
</tr>
<tr>
<td>OB/Gyn</td>
<td>1</td>
</tr>
<tr>
<td>Pharmacy – longer hours</td>
<td>1</td>
</tr>
<tr>
<td>Telemedicine</td>
<td>1</td>
</tr>
<tr>
<td>Fast track for ER – to speed non emergent cases</td>
<td>1</td>
</tr>
<tr>
<td>Public Transport</td>
<td>1</td>
</tr>
</tbody>
</table>
Perceived Needs from the Community Health Needs Assessment

Affordable Insurance
Cost of Health Care
Ability to Pay
Cancer Treatment
Obesity in Adults and Children
Lack of Insurance
Prescription Medication Costs

Implementation Plan

Affordable Insurance
Samaritan Hospital has teamed up with counselors to help individuals and families sign up for insurance on the Health Exchange. These counselors come on site and are available to the public for assistance.

Cost of Health Care
The existence of residents without Health Insurance has been well documented by the Missouri Hospital Association. It is estimated that over 300,000 Missouri residents are uninsured or under insured. Samaritan Hospital is a county hospital and recognizes the needs to provide health care to residents at or below the poverty level. Samaritan Hospital financial assistance policy is detailed on our website, at registration area, in Rural Health Clinic and is available upon request.

Ability to Pay - Samaritan Hospital Charity Care
Charity care or financial assistance for medically necessary health care services delivered at Samaritan Hospital will be provided to individuals who meet certain financial criteria based on income, and family size. Financial evaluations to determine eligibility for charity care or financial assistance will be offered free of charge either before or after the provision of care.

Eligibility Criteria- Financial assistance will be offered on a sliding scale, based upon an evaluation of the patient’s income and family size in comparison to the U.S. Department of Health & Human Services Annual Poverty Guideline published in the Federal Register (Appendix B). Patients must be ineligible for coverage by Medicaid to be considered for financial assistance.

If a patient’s income is below 100 percent of the annual poverty guideline, the hospital may offer financial assistance of 80 percent of the charges. For patients with incomes between 100 and 150 percent of the annual poverty guideline, financial assistance will range from 60 percent to 70 percent of the charges. Patients with incomes in excess of 100 percent of the poverty guideline will be responsible for at least a portion of their personal liability.

Patients determined to be homeless, those indigent in a nursing home, and those deceased with no estate, will be eligible for financial assistance for 100 percent of the charges, due to their unrecoverable financial circumstances.

For more information regarding Samaritan Hospitals Charity Care policy please contact Patient Accounts at (660) 385-8700.
Cancer Treatment

Data from the community health needs assessment survey indicates the need for cancer treatment in Macon County with the Board of Trustees approval, Samaritan Hospital is exploring the possibility of providing Chemo Therapy and other cancer treatment options in partnership with the University of Missouri. An initial meeting has been held with the University of Missouri Hospital’s Oncology Department, and additional meetings will be scheduled.

Obesity in Adults and Children

Our local providers have information available to provide patients struggling with Obesity.

The local YMCA has numerous Youth/Adult activities throughout the year, such as flag football, basketball, gymnastics, stretch and flex, F.I.T., body basics, boot camp, yoga, zumba, and volleyball, just to name a few.

The Long Branch Area YMCA is committed to educating the community on the benefits of a YMCA and one of the most important benefits is that YMCA’s do not turn anyone away due to inability to pay. If you’ve heard someone say, “I can’t afford to join the YMCA”, they need to know financial assistance is available.

Requesting financial assistance is easy and confidential. A one-page financial assistance application can be obtained from the front desk at the YMCA. The application must be completed and returned to the Executive Director with a copy of the applicant’s most recent tax return. After a short review with the Executive Director, the applicant will know if they qualify for financial assistance. Financial assistance provides for reduced membership fees or program fees, according to a sliding scale which takes into consideration the number of people in the family and the monthly or annual income. Extenuating circumstances like illness, loss of job, divorce, etc. can also be taken into consideration.

Also available for exercise programs is Pinnacle gym and Your Yoga Fix.

Lack of Health Insurance

Secondary data indicates that 17 percent of Macon County residents are uninsured. That is higher than either the state average of 15 percent or the National average of 11 percent. The affordable care act is designed to help individuals who are uninsured or underinsured secure health insurance through the health exchange. Samaritan Hospital will cooperate with and direct individuals to counselors that help navigate the system.

Prescription Medical Costs

In partnership with local pharmacies, Samaritan Hospital participates in a government program that helps eligible patients receive discounted prescription drugs.
REFERENCES


2. www.communityhealthrankings.org


5. Health Industry Data Institute, Missouri Hospital Association 2016.

6. Missouri Department of Mental Health, Jefferson City, MO.