

FOCUS AREA 1: Health Behaviors: The Basics**Goal 1: To Improve the diet of Clinch County Residents****Objective 1: Re-start Community Farmers Market by Spring 2023 on a quarterly basis**

Clinch Memorial Hospital developed a weekly Mobile Food Market, supplied with fresh produce from local farmers. Currently, Clinch Memorial operates an ongoing community pantry.

Objective 2: Develop Quarterly Satellite Farmers Markets by Summer 2023

In the spring of 2023, Clinch Memorial received a Healthy Food Financing Initiative grant to launch a Mobile Food Market. This market traveled to Clinch County's most food-insecure communities, including Fargo, Georgia, Pea Ridge, DuPont, and Argyle, which are miles away from the nearest grocery store. The grant ended in the winter of 2023. As a result of the community feedback and analysis of the Mobile Market's margins, Clinch Memorial Hospital decided to stop its operations. However, Clinch Memorial Hospital continues to sell farm produce to employees and the community in its cafeteria when possible. Additionally, the hospital operates a community pantry for citizens in need of food or essential supplies. Clinch Memorial Hospital hosted over 120 mobile food markets. The food was sourced from over 20 Georgia farmers.

Objective 3: Develop a healthy eating campaign by Spring 2023

In the fall of 2023, Clinch Memorial Family Practice launched a social media campaign featuring healthy recipes, reaching a total of 538 users. 15 social media advertisements were posted regarding healthy eating. Additionally, Clinch Memorial Hospital hosted three Tuesday Night Talks that focused on diabetes and diet. The attendance ranged from 10-15 each class.

Goal 2: Create a more active Clinch County population**Objective 1: Create new opportunities for free, healthy, community exercise by January 2023**

In the summer of 2024, Clinch Memorial Hospital launched the "BeFit" Program, selecting ten employees for a healthy eating and weight loss initiative. This program included free healthy meals from the hospital cafeteria once a day for participants. While the free meals were exclusive to the program participants, all employees had the opportunity to purchase clean, healthy meals. Also, exercise classes were held once a week over a 12 week period for participants and the community.

FOCUS AREA 2: Teen Health**Goal 1: Improve health behaviors of teens****Objective 1: Establish Recurring Semi-annual Training for Teen Girls by Summer 2023****Objective 2: Establish Recurring Semi-Annual Training for Teen Boys by Summer 2023**

Following discussions with the school administration, Clinch Memorial Hospital was informed that safe sex education is already provided to the students.

FOCUS AREA 3: Preventative Screenings**Goal 1: Improve Rates of Preventive Screenings****Objective 1: Promote Prostate, Colorectal, Cervical, and Breast Cancer Screening beginning Fall 2022**

In the summer and fall of 2024, Clinch Memorial Hospital extended its hours for mammograms to better serve the community. The hospital also established a Mammogram Fund to provide free

mammograms to community members. Since 2022, Clinch Memorial has funded 41 mammograms with this fund. Utilizing Rural Hospital Stabilization Funds, Clinch Memorial Hospital purchased a new x-ray system. The promotion of this enhanced system has increased trust from the community and referral partners, leading to more frequent use of our radiology services and, as a result, more cancer screenings.

FOCUS AREA 4: Mental Health

Goal 1: Enhance services in the area for mental health, including drug and alcohol counseling

Objective 1: Increase awareness of existing mental health services by 2024

Clinch Memorial Family Practice has expanded its Medication Assisted Treatment (MAT) Program to help patients recover from certain substance abuse disorders. Recognizing that those struggling with addiction often face mental health crises, the practice provides a list of mental health resources to MAT Program patients and any patient in need. This resource list is available on the family practice website and in physical copies at the clinic. With grant funding, Clinch Memorial plans to offer new psychiatry services with the MAT Program, as well as offer these services at no cost to individuals who lack the financial resources to continue to program.