

Highpoint Health – Trousdale with Ascension Saint Thomas

**2024 Community Health Needs Assessment
Trousdale County, Tennessee**

Conducted July 2024 to December 2024

Highpoint Health - Trousdale with Ascension Saint Thomas

The goal of this report is to offer a meaningful understanding of the most significant health needs across Trousdale County, with emphasis on identifying the barriers to health equity for all people, as well as to inform planning efforts to respond to those needs. Special attention has been given to the needs of individuals and communities who are at increased risk for poor health outcomes or experiencing social factors that place them at risk. Findings from this report can be used to identify, develop, and focus hospital, health system, and community initiatives and programming to better serve the health and wellness needs of the community.

Hospital legal name: Highpoint Health - Trousdale Medical Center dba Highpoint Health – Trousdale with Ascension Saint Thomas

Hospital Address: 500 Church Street, Hartsville, TN 37074

Hospital website: <https://www.highpointhealthsystem.com/Trousdale>

Hospital phone: 615-374-2221

Hospital EIN/Tax ID: 27-2618866

The 2024 Community Health Needs Assessment report was adopted by the Highpoint Health Governing Board of Directors on March 4, 2025, and applies to the following three-year cycle: July 1, 2025, to June 30, 2028 This report can be found on Highpoint Health’s public website.

We value the community's voice and welcome feedback on this report. Please visit our public website (<https://highpointhealthsystem.com/chna>) to submit your comments.

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Acknowledgements

The 2024 Community Health Needs Assessment (CHNA) represents a true collaborative effort to gain a meaningful understanding of the most pressing health needs across Trousdale County. Highpoint Health - Trousdale with Ascension Saint Thomas is exceedingly thankful to the many community organizations and individuals who shared their views, knowledge, expertise, and skills with us. A complete description of community partner contributions is included in this report. We look forward to our continued collaborative work to promote a healthier, more equitable place to live, work and play.

We would also like to thank you for reading this report, and your interest and commitment to improving the health and well-being of Trousdale County.

Executive Summary

The goal of the 2024 Community Health Needs Assessment report is to offer a meaningful understanding of the most significant health needs across Trousdale County. Findings from this report can be used to identify, develop, and focus hospital, health system, and community initiatives and programming to better serve the health and wellness needs of the community.

Purpose of the CHNA

As part of the Patient Protection and Affordable Care Act of 2010, all not-for-profit hospitals are required to conduct a community health needs assessment (CHNA) and adopt an implementation strategy (IS) every three years. The purpose of the CHNA is to understand the health needs and priorities, with emphasis on identifying the barriers to health equity, for all people who live and/or work in the communities served by the hospital, with the goal of responding to those needs through the development of an implementation strategy plan.

Community Served

Although Highpoint Health - Trousdale with Ascension Saint Thomas serves Trousdale County and surrounding areas, Highpoint Health - Trousdale with Ascension Saint Thomas has defined its community served as Trousdale County for the 2024 CHNA. Trousdale County was selected as Highpoint Health - Trousdale with Ascension Saint Thomas's community served because it is our primary service area as well as our partners' primary service area. Additionally, community health data is readily available at the county level.

Data Analysis Methodology

The 2024 CHNA was conducted from August 2024 to December 2024 and utilized a derivation of the Mobilizing for Action through Planning and Partnership (MAPP) process, which incorporated data from both primary and secondary sources. Community input sources included information provided by groups/individuals, e.g., community members, health care consumers, health care professionals, community stakeholders, and multi-sector representatives. Special attention was given to the needs of individuals and populations who are more marginalized and to unmet health needs or gaps in services. On October 10, 2024, twenty stakeholders were interviewed for their input into quality of life in the community, assets, barriers, and most significant health needs in the county. Secondary data was compiled and reviewed to understand the health status of the community. Measures reviewed included chronic disease, social and economic factors, and healthcare access and utilization trends in the community and were gathered from reputable and reliable sources.

Community Needs

Highpoint Health - Trousdale with Ascension Saint Thomas, with contracted assistance from StrategyHealth, analyzed secondary data of over 95 indicators and gathered community input through

Highpoint Health - Trousdale with Ascension Saint Thomas

focus groups and community meetings to identify the needs of Trousdale County. In collaboration with community partners, Highpoint Health - Trousdale with Ascension Saint Thomas used a phased prioritization approach to determine the most crucial needs for community stakeholders to address. The significant needs are as follows:

- Mental Health
- Substance Misuse
- Access to Care
- Healthy Eating/Active Living
- Education

Next Steps and Conclusion

The 2024 CHNA was presented to the Highpoint Health Governing Board of Directors for approval and adoption on March 4, 2025. Prior to approval of the CHNA, Highpoint Health - Trousdale with Ascension Saint Thomas, in collaboration with the Trousdale County Health Department, Health Council, and other community stakeholders selected the prioritized needs outlined below for its 2024 CHNA implementation strategy. The implementation strategy describes how the hospital intends to respond to these prioritized needs throughout the same three-year CHNA cycle: July 2025 to June 2028.

1. Substance Misuse
2. Mental Health
3. Access to Care

Highpoint Health - Trousdale with Ascension Saint Thomas hopes this report offers a meaningful and comprehensive understanding of the most significant needs of Trousdale County. The hospital values the community's voice and welcomes feedback on this report; comments or questions can be submitted via Highpoint Health's public website (<https://highpointhealthsystem.com/chna>).

About Ascension, Lifepoint, and Highpoint Health - Trousdale

Highpoint Health System with Ascension Saint Thomas is a regional health system majority-owned by Lifepoint Health that includes Highpoint Health – Sumner and Highpoint Health – Sumner Station in Gallatin, Highpoint Health – Trousdale in Hartsville, Highpoint Health – Riverview in Carthage and more than 15 affiliated clinics and sites of care. The healthcare system's partnership with Ascension Saint Thomas brings together the organizations' clinical excellence, best practices and talented caregivers to collaborate in new ways that improve access to clinical programs and specialty care for patients and communities while expanding access to high quality care and services in Northern Middle Tennessee.

Highpoint Health serves the healthcare needs of the communities of northern Middle Tennessee through three hospitals, including:

- Highpoint Health – Sumner, the 155-bed flagship hospital located in Gallatin
- Highpoint Health – Riverview, a 25-bed critical access hospital in Carthage
- Highpoint Health – Trousdale, a 25-bed critical access hospital in Hartsville

As one of the leading non-profit and Catholic health systems in the United States, Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable.

About Ascension

Ascension is a faith-based healthcare organization dedicated to transformation through innovation across the continuum of care. As of July 2024, the national health system operates more than 2,600 sites of care – including 145 hospitals and more than 40 senior living facilities – in 19 states and the District of Columbia, while providing a variety of services including clinical and network services, venture capital investing, investment management, biomedical engineering, facilities management, risk management, and contracting through Ascension's own group purchasing organization.

Ascension's Mission provides a strong framework and guidance for the work done to meet the needs of communities across the U.S. It is foundational to transform health care and express priorities when providing care and services, particularly to those most in need.

Mission: Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually-centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.

For more information about Ascension, visit <https://www.ascension.org>.

Highpoint Health - Trousdale with Ascension Saint Thomas

About [Ascension Saint Thomas](#)

Ascension Saint Thomas is a leading health care system with a 125-year history of providing care to the community, and is the only faith-based, non profit health system in Middle Tennessee. Today, the health system offers a highly comprehensive system of care, with more than 250 sites of care that cover a 45-county area in Tennessee consisting of 13 hospitals and a network of affiliated joint ventures, medical practices, clinics and specialty facilities. Across the state, Ascension Saint Thomas and its partner organizations employ more than 10,700 dedicated associates who care for millions of patients each year. Ascension Saint Thomas is part of Ascension, one of the nation's largest faith-based healthcare organizations committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. Ascension includes approximately 134,000 associates, 35,000 affiliated providers and 140 hospitals, serving communities in 19 states and the District of Columbia. Visit www.ascension.org.

About [Lifepoint Health](#)®

Lifepoint Health is a leading healthcare provider that serves patients, clinicians, communities, and partner organizations across the healthcare continuum. Driven by a mission of making communities healthier®, the company has a growing diversified healthcare delivery network comprised of more than 50,000 dedicated employees, 60 community hospital campuses, more than 60 rehabilitation and behavioral health hospitals and 250 additional sites of care, including managed acute rehabilitation units, outpatient centers and post-acute care facilities. Through its innovation strategy, Lifepoint Forward, the company is developing meaningful solutions to enhance quality, increase access to care, and improve value across the Lifepoint footprint and communities across the country. For more information about the company, visit www.LifepointHealth.net.

Highpoint Health - Trousdale with Ascension Saint Thomas

About Highpoint Health - Trousdale with Ascension Saint Thomas

Highpoint Health – Trousdale with Ascension Saint Thomas, formerly Trousdale Medical Center, is a 25-bed critical access hospital offering an extensive range of in-patient, outpatient and emergency services for adults and children. Critical access hospital simply means that the hospital is critical in providing healthcare to our community.

For more information about Highpoint Health - Trousdale with Ascension Saint Thomas, visit <https://www.highpointhealthsystem.com/Trousdale>



About the Community Health Needs Assessment

A community health needs assessment is essential for community building, health improvement efforts, and directing resources where they are most needed. CHNAs can be powerful tools with the potential to be catalysts for immense community change.

Purpose of the CHNA

A CHNA is defined as “a systematic process involving the community that identifies and analyzes community health needs and assets to plan and act upon priority community health needs.”¹ The process serves as a foundation for promoting the health and well-being of the community by identifying the most pressing needs, leveraging existing assets and resources, developing strategic plans, and mobilizing hospital programs and community partners to work together. This community-driven approach aligns with Highpoint Health - Trousdale with Ascension Saint Thomas’s commitment to offer programs designed to respond to the health needs of a community, with special attention to persons who are medically underserved and at risk for poorer health outcomes because of social factors that put them at increased risk.

Advancing Health Equity

Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health.² Progress toward achieving health equity can be measured by reducing health disparities. Health disparities are particular health differences closely linked with economic, social, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced such obstacles to health based on their race or ethnicity; religion; socioeconomic status; gender identity; sexual orientation; age; cognitive, sensory, or physical disability; geographic location; or other characteristics historically linked to discrimination or exclusion.³

Focusing on the root causes that have perpetuated these differences contributes to the advancement of health equity. By identifying the conditions, practices, and policies that perpetuate differences in health outcomes, we can better respond to root causes when pursuing health equity.

Ascension acknowledges that health disparities in our communities go beyond individual health behaviors. Ascension’s Mission calls us to be “advocates for a compassionate and just society through our actions and words”; therefore, health equity is a matter of great importance to Ascension.

¹ Catholic Health Association of the United States. (2022). *A guide for planning and reporting community benefit*, 2022 (p.146).

² National Center for Chronic Disease Prevention and Health Promotion. (2023, January 4). *Advancing health equity in chronic disease prevention and management*. Center for Disease Control and Prevention (CDC). Retrieved October 11, 2023, from <https://www.cdc.gov/chronicdisease/healthequity/index.htm>

³ Braveman, P. (2014). What are health disparities and health equity? We need to be clear. *Public Health Reports*, 129(Suppl 2), 5-8. <https://doi.org/10.1177/00333549141291S203>

IRS 501(r)(3) and Form 990 Schedule H Compliance

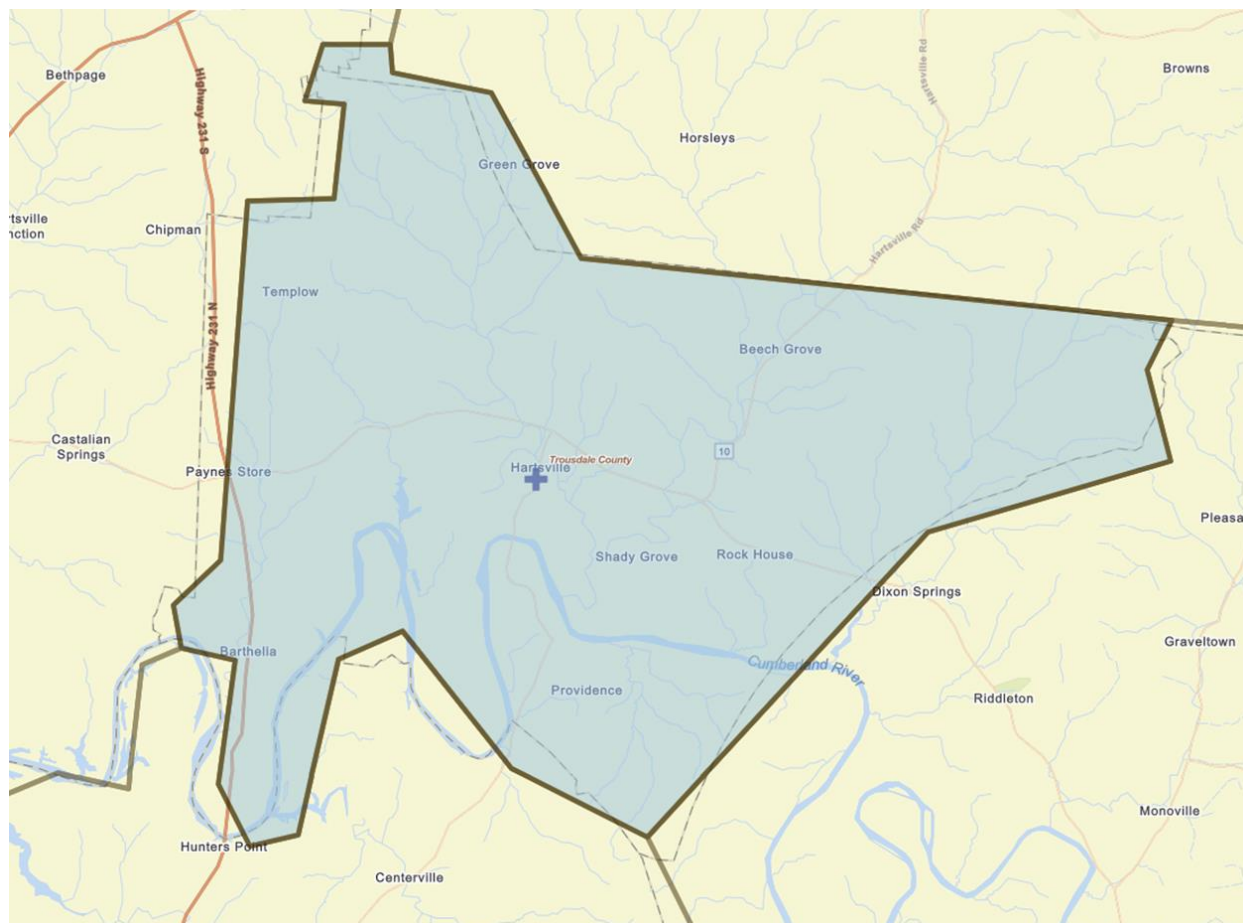
The CHNA also serves to satisfy certain requirements of tax reporting, pursuant to provisions of the Patient Protection and Affordable Care Act of 2010, more commonly known as the Affordable Care Act (ACA). As part of the ACA, all not-for-profit hospitals are required to conduct a CHNA and adopt an implementation strategy every three years. Requirements for 501(c)(3) hospitals under the ACA are described in Code Section 501(r)(3) and include making both current and previous CHNA and implementation strategy reports widely available to the public. In accordance with this requirement, electronic versions of these reports can be accessed at <https://highpointhealthsystem.com/CHNA>, and paper versions can be requested at Highpoint Health - Trousdale with Ascension Saint Thomas 500 Church Street, Hartsville, TN 37074 or via phone 615-374-2221.

Community Served and Demographics

Community Served

For the purpose of the 2024 CHNA, Highpoint Health - Trousdale with Ascension Saint Thomas has defined its community served as Trousdale County. Although Highpoint Health - Trousdale with Ascension Saint Thomas serves Trousdale County and surrounding areas, the “community served” was defined as such because (a) most of our service area is in each county; (b) most of our assessment partners define their service area at the county level; and (c) most community health data is available at the county level.

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Source: StrategyHealth

Trousdale County is 100% rural with 101.6 population per square mile in 2020.

70% of employees are employed in the top five industries:

- Transportation, warehousing and utilities – 14.5%
- Manufacturing – 14.2%
- Retail trade – 12.3%
- Other services 9.8%
- Arts, entertainment, recreation, accommodation, & food services – 9.0%

[2022 American Community Survey 5-Year Estimates](#)

Demographic Data

Located in Middle Tennessee an hour's drive northeast of Nashville, Trousdale County has a population of 11,996 and is 100% rural with 114.3 square miles and 101.6 population per square mile. Below are demographic data highlights for Trousdale County:

- 12.9 percent of the community members of Trousdale County are 65 or older, compared to 17.3 percent in Tennessee

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- 96.3 percent of community members are non-Hispanic; 3.7 percent are Hispanic or Latino (any race)
- 82.8 percent of community members are non-Hispanic white; 0.4 percent are Asian; 0.6 percent are American Indian or Alaska Native, and 10.8 percent are non-Hispanic Black or African American
- The total population increase from 2020 to 2023 was 3.3 percent
- The median household income is below the state median income (\$62,018 for Trousdale County; \$64,035 for Tennessee)
- The percentage of all ages of people in poverty was higher than the state (16.7 percent for Trousdale County; 13.3 percent for Tennessee)
- The uninsured rate for Trousdale County is lower than the state (11 percent for Trousdale County; 11.9 percent for Tennessee)

Demographic Highlights			
Population			
Indicator	Trousdale	Tennessee	Description
Percentage living in rural communities	100%	33.8%	2020 Census percent rural population within the state
Percentage below 18 years of age	19.1%	21.8%	N/A
Percentage 65 years of age and over	12.9%	17.3%	N/A
Percentage Asian	0.4%	2.1%	N/A
Percentage American Indian or Alaska Native	0.6%	.5%	N/A
Percentage Hispanic	3.7%	6.4%	N/A
Percentage non-Hispanic Black	10.8%	16.4%	N/A
Percentage non-Hispanic White	82.8%	72.9%	N/A
Social and Community Context			
English proficiency	0.8%	3.1%	Proportion of community members who speak English "less than well"
Median household income	\$62,018	\$64,035	Income level at which half of households in a county earn more and half of households earn less
Percentage of children in poverty	17.1%	17.8%	Percentage of people under age 18 in poverty
Percentage of uninsured	10.6%	11.9%	Percentage of population under age 65 without health insurance
Percentage of educational attainment	86%	89%	Percentage of adults ages 25 and over with a high school diploma or equivalent

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Saint Thomas**

Percentage of unemployment	3.0%	3.2%	Percentage of population ages 16 and older unemployed but seeking work
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Source: StrategyHealth, 2024; [CHR](#); [US Census 2020, 2022, 2023](#); [American Community Survey 2018-2022](#), [US Bureau of Labor Statistics](#)

To view community demographic data in their entirety, see Appendix B (Page 32).

Process and Methods Used

Collaborators and/or Consultants

With the contracted assistance of StrategyHealth, LLC, Highpoint Health - Trousdale with Ascension Saint Thomas completed its 2024 CHNA in collaboration with the following organizations and individuals:

- Trousdale County Department of Health
- Trousdale County Health Committee

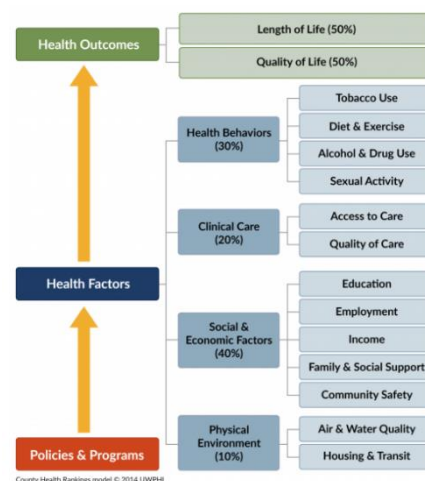
Highpoint Health as the sponsor of the assessment, engaged national leaders in community health needs assessments to assist in the project. StrategyHealth, LLC, a healthcare consultancy based in Nashville, Tennessee, provided the analysis of secondary community health data, conducted and analyzed the focus groups/interviews, and facilitated the community meeting. The Tennessee Department of Health provided support to both the County Health Department as well as Ascension Saint Thomas during the CHNA process. The Trousdale County Department of Health served as a partner in the process, participating in the focus groups and the community health summit.

Data Collection Methodology

Highpoint Health - Trousdale with Ascension Saint Thomas is committed to using national best practices in conducting the CHNA. In collaboration with various community partners, Highpoint Health - Trousdale with Ascension Saint Thomas's approach relies on the County Health Rankings and Roadmaps developed by the Robert Wood Johnson Foundation and the University of Wisconsin. Although not all data came from County Health Rankings, the data used its organizing methodology of health outcomes and health factors including social drivers of health.

Summary of Community Input

Community input, also referred to as "primary data," is an integral part of a community health needs assessment (CHNA) and is meant to reflect the voice of the community. This input is invaluable for efforts to accurately assess a community's health needs. A concerted effort was made to ensure that the individuals and organizations represented the needs and perspectives of 1) public health practice and research; 2) individuals who are medically underserved, low-income, or considered among the minority populations served by the hospital; and 3) the broader community at large and those who represent the broad interests and needs of the community served.



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Multiple methods were used to gather community input, including key stakeholder focus groups/interviews and community health council meetings. These methods provided additional perspectives on selecting and responding to top health issues facing Trousdale County. A summary of the process and results is outlined below.



*"We buy our wants
and beg for our
needs" – interview
participant*

Key Stakeholder Focus Groups and Interviews

A series of 5 small focus groups and one-on-one interviews were conducted by StrategyHealth to gather feedback from key stakeholders on the health needs and assets of Trousdale County. Twenty representatives from over 20 different organizations and agencies participated in the interviews, held October 10, 2024. Sectors represented by participants included government, Chamber of Commerce, Rotary Club, media WTNK, school system, Highpoint Health - Trousdale with Ascension Saint Thomas, Senior Life Solutions (behavioral health), Home Health providers, drug coalition, and Community Help Center.

Key Stakeholder Focus Groups/Interviews	
Key Summary Points	
<ul style="list-style-type: none"> • Access to additional healthcare – primary care, specialty care; a recreation center; substance use treatment; mental health resources, community belonging and financial resources are the top things that would improve quality of life in Trousdale County. • The community's strongest assets are the hospital, a close-knit community, location and natural environment, good school system, churches, low taxes, and good Internet. • The obstacles or challenges in the community are access to healthcare and insurance, mental health and substance misuse, lack of resources/coordination of resources, lack of competitive wages, and healthy nutrition. • The top three health issues of concern are: access to care, healthy eating/active living, mental health, and substance misuse. • The top initiatives the interviewees would implement are a recreation center/activities for youth, access to care, revitalize downtown, provide mental health, substance misuse, healthy eating active living, take advantage of natural beauty and create local jobs with living wages and benefits. 	
Sectors Represented	Common Themes
<ul style="list-style-type: none"> • Government • Education - schools • Medical Center • Drug Coalition • Community Help Center • Rotary • Chamber of Commerce 	<ul style="list-style-type: none"> • Lack of mental health services and resources • Lack of substance use education in schools and recovery resources • Desire for additional primary care, specialty services, and EMS in the county • More resources and focus are needed for healthy eating/active living • The community is friendly and tight-knit willing to help each other • A recreation center and downtown revitalization would be beneficial to improving quality of life.
Meaningful Quotes	
<ul style="list-style-type: none"> • "We have revived the drug prevention coalition and have passionate members." • "The new residents moving into the county are stretching infrastructure (sewer, water) and resources (police, healthcare workers, teachers)." • "I can ask any agency or person for help and receive it." 	

Health Council/Community Meeting

Each county in Tennessee has a health council sponsored by the local health department. The health council is composed of community organizations and stakeholders. On November 7, 2024, Highpoint Health- Trousdale presented the CHNA secondary data and results of the stakeholder focus groups and interviews to the health council and other stakeholders to receive their input on the most significant health needs.

After hearing a presentation of the results of the primary and secondary data, the attendees voted via Mentimeter to prioritize the most significant health needs in the community. After the priorities were identified, they met in three groups to discuss goals and actions that could be used to impact health needs.

To view community input data in its entirety, see Appendix C (Page 35).

Summary of Secondary Data

Secondary data is data that has already been collected and published by another party. Both governmental and non-governmental agencies routinely collect secondary data reflective of the population's health status at the state and county levels through surveys and surveillance systems. Secondary data for this report was compiled from various reputable and reliable sources.

Health indicators in the following categories were reviewed:

- Health outcomes
- Physical environment
- Clinical care
- Social determinants that impact health
- Disparities

A summary of the secondary data collected and analyzed through this assessment is outlined below. [County Health Rankings](#) indicates the following as areas to explore for improvement in Trousdale County:

- Higher adult smoking at 23%
- Higher adult obesity at 36%
- Higher population to primary care physician
- Higher preventable hospital stays
- Lower high school completion
- Lower adults with "some college"
- Lower social associations
- Higher long-commute-driving alone

To view the secondary data and sources in their entirety, see Appendix D (Page 40).

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Written Comments on Previous CHNA and Implementation Strategy

Highpoint Health - Trousdale with Ascension Saint Thomas did not prepare a CHNA previously as Trousdale Regional Medical Center, they were for-profit, investor owned and did not meet the requirement to perform a CHNA.

Data Limitations and Information Gaps

Although it is quite comprehensive, this assessment cannot measure all possible aspects of health and cannot represent every possible population within Trousdale County. This constraint limits the ability to assess all the community's needs fully.

For this assessment, three types of limitations were identified:

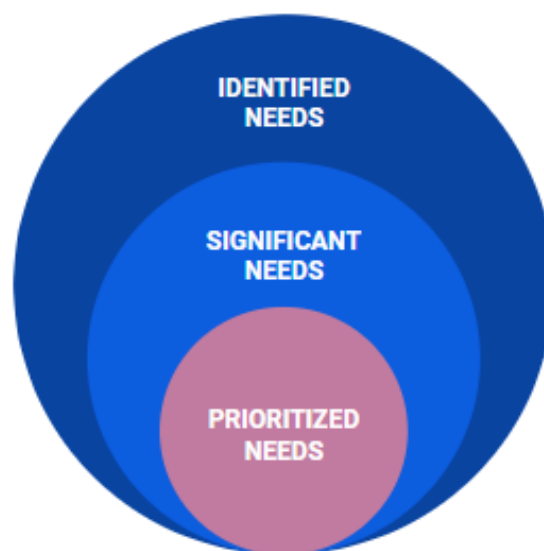
- Some groups of individuals may not have been adequately represented through the community input process. For example, those groups may include individuals who are transient, who speak a language other than English, or who are members of the lesbian/gay/bisexual/transgender+ community.
- Secondary data is limited in a number of ways, including timeliness, reach, and ability to fully reflect the health conditions of all populations within the community.
- Trousdale County is home to Trousdale Turner Correctional Center with 2,552 inmates. The U.S. Census Bureau includes incarcerated people in the population counts of the places where they are imprisoned. The inclusion of the prison in the county demographics skews the median age and other demographic indicators in the county.

Despite the data limitations, Highpoint Health - Trousdale with Ascension Saint Thomas is confident of the overarching themes and health needs represented through the assessment data. This is based on the fact that the data collection included multiple qualitative and quantitative methods and engaged the hospital, health department, and participants from the community.

Community Needs

Highpoint Health - Trousdale with Ascension Saint Thomas, with contracted assistance from StrategyHealth, analyzed secondary data of 95 indicators and gathered community input through community interviews and a community meeting to identify the needs in Trousdale County. In collaboration with community partners, Highpoint Health - Trousdale with Ascension Saint Thomas used a phased prioritization approach to identify the needs.

- First phase: Determine the broader set of **identified needs**.
- Second phase: Narrow identified needs to a set of **significant needs**.
- Third phase: Narrow the significant needs to a set of **prioritized needs** to be addressed in the implementation strategy plan.



Following the completion of the CHNA assessment, Highpoint Health - Trousdale with Ascension Saint Thomas will select all, or a subset, of the significant needs as the hospital's **prioritized needs** to develop a three-year implementation strategy. Although the hospital may respond to many needs, the prioritized needs will be at the center of a formal CHNA implementation strategy and corresponding tracking and reporting. The image above portrays the relationship between the needs categories.

Identified Needs

The first phase was to determine the broader set of **identified needs**. Ascension has defined “identified needs” as the health outcomes or related conditions (e.g., social determinants of health) impacting the health status of Trousdale County. The identified needs were categorized into health behaviors, social determinants of health, length of life, quality of life, clinical care, and systemic issues to develop better measures and evidence-based interventions that respond to the determined condition.

Significant Needs

In the second phase, identified needs were then narrowed to a set of “significant needs” determined most crucial for community stakeholders to address. In collaboration with various community partners, Highpoint Health - Trousdale with Ascension Saint Thomas synthesized and analyzed the data to determine which of the identified needs were most significant. Ascension has defined **significant needs** as the identified needs deemed most significant to respond to based on established criteria and/or prioritization methods. Highpoint Health - Trousdale with Ascension Saint Thomas used the

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following criteria to identify the most significant health needs and asked the community to prioritize them during the community meeting.

- Magnitude - how many individuals does the problem affect?
- Seriousness of consequences - What would happen if the issue were not made a priority? What level of burden on the community (economic, social or other)?
- Equity – Is one group of people being affected more than other groups?
- Feasibility - Is the problem preventable, what is the community's capacity to address?

Based on the synthesis and analysis of the data, the significant needs for the 2024 CHNA are as follows:

1. Substance Misuse
2. Mental Health
3. Access to Care

To view healthcare facilities and community resources available to respond to the significant needs, please see Appendix E (Page 46).

The following pages contain a description (including data highlights, community challenges and perceptions, and local assets and resources) of each significant need.

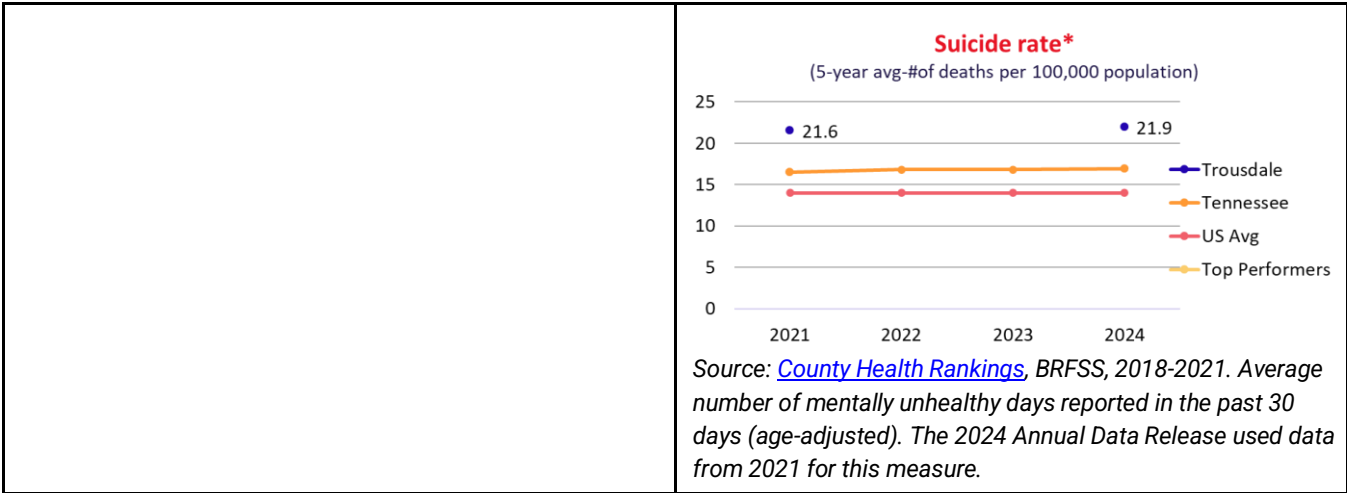
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Substance Misuse	
Significance	Populations Most Impacted
<p>People with addiction often have one or more associated health issues, which could include lung or heart disease, stroke, cancer, or mental health conditions. Imaging scans, chest X-rays, and blood tests can show the damaging effects of long-term drug use throughout the body.</p> <p>Source: <i>National Institute on Drug Abuse</i>; https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/addiction-health#:~:text=People%20with%20addiction%20often%20have,drug%20use%20throughout%20the%20body.</p>	<ul style="list-style-type: none"> Those reporting two or more races were highest for past year illicit drug use. American Indian/Alaska Native (AIAN) had higher alcohol use disorder at 8.3% followed by White people (5.8%) then Hispanic population (5.2%), and Black population (4.8%). Substance use disorder was higher for AIAN (11.3%), White (7.8%), Black and Hispanic population at 7.1% Drug abuse and substance disorders are more likely to affect young males. Drug use is highest among persons between the ages of 18-25 at 39% compared to persons aged 26-29, at 34%. 70% of users who try an illegal drug before age 13 develop a substance abuse disorder within the next 7 years compared to 27% of those who try an illegal drug after age 17. <p>Source: SAMHSA, https://www.samhsa.gov/data/sites/default/files/reports/rpt35326/2021NSDUHSUChartbook102221B.pdf; National Center for Drug Abuse Statistics, https://drugabusestatistics.org/</p>
Community Input Highlights	
<ul style="list-style-type: none"> Need quality addiction rehabilitation especially for repeat offenders. Substance use education in schools as part of the curriculum would be helpful to decrease addiction. Addiction affects many people throughout the community. Mental health and substance use are co occurring conditions. 	
Secondary Data Highlights	
<ul style="list-style-type: none"> Drug overdose deaths are a leading contributor to premature death and are largely preventable. <p>Source: County Health Rankings, National Center for Health Statistics - Mortality Files; Census Population Estimates Program. The 2024 Annual Data Release used data from 2019-2021 for this measure.</p>	<ul style="list-style-type: none"> Each year, approximately 480,000 premature deaths can be attributed to smoking. A higher percentage of adults smoke in Trousdale County than TN and the U.S. <p>Source: County Health Rankings, BRFSS. The Annual Data Release used data from 2018- 2021 for this measure.</p>

Highpoint Health - Trousdale with Ascension Saint Thomas

Mental Health																																																			
Significance	Populations Most Impacted																																																		
<p>Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke.</p> <p>Source: <i>Chronic Illness & Mental Health</i>. Bethesda, MD: National Institutes of Health, National Institute of Mental Health. 2015.</p> <p>https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=Why%20is%20mental%20health%20important,%2C%20heart%20disease%2C%20and%20stroke.</p>	<ul style="list-style-type: none">According to the National Institute of Mental Health (NIMH), young adults aged 18–25 have the highest prevalence of mental illness, at 33.7%, compared to adults aged 26–49 (28.1%) and those aged 50 and older (15.0%).People who identify as being two or more races (24.9%) are most likely to report any mental illness within the past year than any other race/ethnic group, followed by American Indian/Alaska Natives (22.7%), white (19%), and black (16.8%).Women are three times more likely than men to experience common mental health problems.Suicide is one of the leading causes of death in adolescents and adults ages 15 to 24. <p>Source: National Institute of Mental Health, https://www.nimh.nih.gov/health/statistics/mental-illness#:~:text=Young%20adults%20aged%2018%2D25,AN)%20adults%20(26.6%25).</p>																																																		
Community Input Highlights																																																			
<ul style="list-style-type: none">The community members interviewed would like to decrease the stigma of mental health issues and treatment.They stressed the importance of receiving mental health treatment in the schools at a young age.They mentioned the lack of mental health resources in the community.																																																			
Secondary Data Highlights																																																			
<ul style="list-style-type: none">Trousdale County had on average 5.8 poor mental health days out of 30 days, the same as Tennessee and higher than the U.S. <p>Poor mental health days (avg # of days in past 30 days)</p> <table><tr><th>Year</th><th>Trousdale</th><th>Tennessee</th><th>US Avg</th><th>Top Performers</th></tr><tr><td>2021</td><td>5.5</td><td>5.2</td><td>4.2</td><td>4.0</td></tr><tr><td>2022</td><td>5.5</td><td>5.2</td><td>4.5</td><td>4.0</td></tr><tr><td>2023</td><td>5.2</td><td>5.2</td><td>4.5</td><td>4.0</td></tr><tr><td>2024</td><td>5.8</td><td>5.8</td><td>4.8</td><td>4.5</td></tr></table> <p>Source: County Health Rankings, BRFSS, 2018-2021. Average number of mentally unhealthy days reported in the past 30 days (age-adjusted). The 2024 Annual Data Release used data from 2021 for this measure.</p>	Year	Trousdale	Tennessee	US Avg	Top Performers	2021	5.5	5.2	4.2	4.0	2022	5.5	5.2	4.5	4.0	2023	5.2	5.2	4.5	4.0	2024	5.8	5.8	4.8	4.5	<ul style="list-style-type: none">18% of Trousdale County adults reported 14 or more days of poor mental health days per month, lower than Tennessee but higher than the U.S.The suicide rate in Trousdale County has been higher than TN and the U.S. <p>Frequent mental distress (% of adults reporting 14 or more days of poor mental health per month, age-adjusted)</p> <table><tr><th>Year</th><th>Trousdale</th><th>Tennessee</th><th>US Avg</th><th>Top Performers</th></tr><tr><td>2021</td><td>18%</td><td>16%</td><td>13%</td><td>12%</td></tr><tr><td>2022</td><td>17%</td><td>16%</td><td>14%</td><td>13%</td></tr><tr><td>2023</td><td>16%</td><td>16%</td><td>14%</td><td>13%</td></tr><tr><td>2024</td><td>18%</td><td>18%</td><td>15%</td><td>14%</td></tr></table>	Year	Trousdale	Tennessee	US Avg	Top Performers	2021	18%	16%	13%	12%	2022	17%	16%	14%	13%	2023	16%	16%	14%	13%	2024	18%	18%	15%	14%
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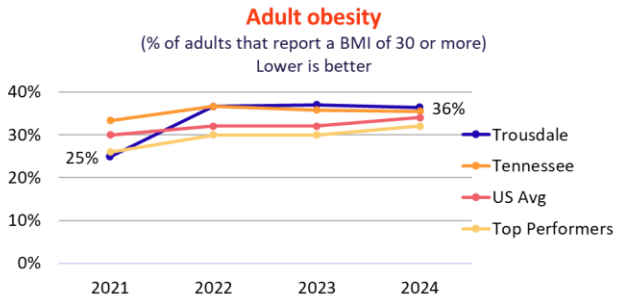
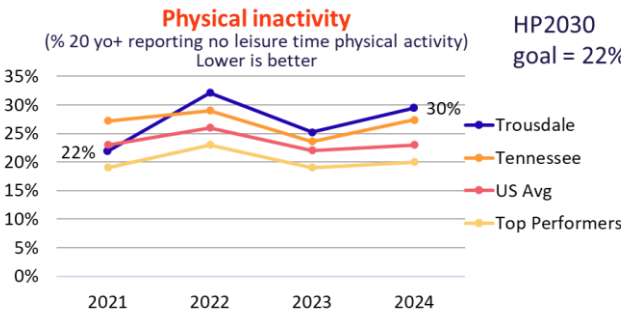
Highpoint Health - Trousdale with Ascension Saint Thomas



Highpoint Health - Trousdale with Ascension Saint Thomas

Access to Care																																																			
Significance	Populations Most Impacted																																																		
<p>Many people face barriers that prevent or limit access to needed health care services, which may increase the risk of poor health outcomes and health disparities. Inadequate health insurance coverage is one of the largest barriers to health care access. Physician shortages may mean that patients experience longer wait times and delayed care.</p> <p>Source: <i>Healthy People 2030</i>, https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/access-health-services</p>	<ul style="list-style-type: none">● Uninsured population● Low income population● Those with high deductibles● Those with chronic conditions																																																		
Community Input Highlights																																																			
<ul style="list-style-type: none">● We lack insurance coverage and those who have insurance can't afford the copays.● There is a need for prenatal care, pediatrics, pulmonology, a diabetes coordinator, respiratory therapist, primary care, and mental health resources.																																																			
Secondary Data Highlights																																																			
<ul style="list-style-type: none">● Access to health care requires not only financial coverage, but also access to providers. <p>Primary care physicians (population per physician)</p> <table><thead><tr><th>Year</th><th>Trousdale</th><th>Tennessee</th><th>US Avg</th><th>Top Performers</th></tr></thead><tbody><tr><td>2021</td><td>5,506</td><td>~1,200</td><td>~1,200</td><td>~1,000</td></tr><tr><td>2022</td><td>~3,800</td><td>~1,200</td><td>~1,200</td><td>~1,000</td></tr><tr><td>2023</td><td>~3,800</td><td>~1,200</td><td>~1,200</td><td>~1,000</td></tr><tr><td>2024</td><td>3,009</td><td>~1,200</td><td>~1,200</td><td>~1,000</td></tr></tbody></table> <p>Source: County Health Rankings, Area Health Resources Files (AHRF) 2022-2023. US Department of Health and Human Services, Health Resources and Services Administration, Bureau of Health Workforce, Rockville, MD. The 2024 Annual Data Release used data from 2021 for this measure.</p>	Year	Trousdale	Tennessee	US Avg	Top Performers	2021	5,506	~1,200	~1,200	~1,000	2022	~3,800	~1,200	~1,200	~1,000	2023	~3,800	~1,200	~1,200	~1,000	2024	3,009	~1,200	~1,200	~1,000	<ul style="list-style-type: none">● Lack of health insurance coverage is a significant barrier to accessing needed health care and to maintaining financial security. <p>Uninsured (% of the population under age 65 without health insurance) Lower is better</p> <table><thead><tr><th>Year</th><th>Trousdale</th><th>Tennessee</th><th>US Avg</th><th>Top Performers</th></tr></thead><tbody><tr><td>2021</td><td>12.5%</td><td>~12%</td><td>~10%</td><td>~6%</td></tr><tr><td>2022</td><td>~13%</td><td>~12%</td><td>~11%</td><td>~6%</td></tr><tr><td>2023</td><td>~12.5%</td><td>~12%</td><td>~10%</td><td>~6%</td></tr><tr><td>2024</td><td>10.6%</td><td>~12%</td><td>~10%</td><td>~6%</td></tr></tbody></table> <p>HP2030 goal = 7.6%</p> <p>Source: County Health Rankings, US Census Bureau's Small Area Health Insurance Estimates (SAHIE). The 2024 Annual Data Release used data from 2021 for this measure.</p>	Year	Trousdale	Tennessee	US Avg	Top Performers	2021	12.5%	~12%	~10%	~6%	2022	~13%	~12%	~11%	~6%	2023	~12.5%	~12%	~10%	~6%	2024	10.6%	~12%	~10%	~6%
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Highpoint Health - Trousdale with Ascension Saint Thomas

Healthy Eating/Active Living	
Significance	Populations Most Impacted
<p>Carrying extra fat leads to serious health consequences such as cardiovascular disease (mainly heart disease and stroke), type 2 diabetes, musculoskeletal disorders like osteoarthritis, and some cancers (endometrial, breast and colon). These conditions cause premature death and substantial disability. Source: WHO, 2024 https://www.who.int/news-room/questions-and-answers/item/obesity-health-consequences-of-being-overweight#:~:text=Carrying%20extra%20fat%20leads%20to,premature%20death%20and%20substantial%20disability.</p>	<ul style="list-style-type: none"> • People ages 60 and older are more likely to be obese than younger adults, according to the most recent data from the National Health and Nutrition Examination Survey. • And the problem also affects children. Approximately 20% of U.S. children and adolescents ages 2 to 19 are obese. • How much money you make may affect whether you are obese. This is especially true for women. Women who are poor and of lower social status are more likely to be obese than women of higher socioeconomic status. This is especially true among minority groups. <p>Source: Johns Hopkins Medicine, https://www.hopkinsmedicine.org/health/conditions-and-diseases/obesity/overview-of-obesity#:~:text=People%20ages%2060%20and%20older,2%20to%2019%20are%20obese.</p>
Community Input Highlights	
<ul style="list-style-type: none"> • Obesity is a big issue due to poor nutrition and lack of income to eat healthy. • Lack of physical activity, particularly kids on social media • The lack of healthy diet and activity leads to obesity which increases Type 2 Diabetes and heart issues. 	
Secondary Data Highlights	
<ul style="list-style-type: none"> • Adult obesity is a chronic condition that puts individuals at increased risk of hypertension, heart disease, type 2 diabetes, breathing problems, chronic inflammation, mental illness, and some cancers.  <p>Source: County Health Rankings, BRFSS. The 2024 Annual Data Release used data from 2021 for this measure.</p>	<ul style="list-style-type: none"> • Physical inactivity is linked to increased risk of health conditions such as Type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and shortened life expectancy.  <p>Source: County Health Rankings, BRFSS. The 2024 Annual Data Release used data from 2021 for this measure.</p>

Prioritized Needs

In the third phase, significant needs were further narrowed to a set of “prioritized needs.” Ascension defines **prioritized needs** as the significant needs that the hospital has prioritized to respond to through the three-year CHNA implementation strategy. Highpoint Health - Trousdale with Ascension Saint Thomas and community members present at the health council meeting used the following criteria to identify the most significant health needs and asked the community to prioritize them during the community meeting.

- Magnitude - how many individuals does the problem affect?
- Seriousness of consequences - What would happen if the issue were not made a priority? What level of burden on the community (economic, social or other)?
- Equity – Is one group of people being affected more than any other group?
- Feasibility - Is the problem preventable, what is the community’s capacity to address?

Highpoint Health - Trousdale with Ascension Saint Thomas, in collaboration with the health department and community health council, used Mentimeter, an online voting tool to rank their 1st, 2nd, and 3rd most significant health needs in the County.

The attendees selected the prioritized needs outlined below at the November 7, 2024, meeting for its 2024 CHNA implementation strategy:

- Substance Misuse - This need was selected because the health council had identified substance misuse as one of their priorities and the community focus groups also identified this as one of the most significant health needs in the community.
- Mental Health - This need was selected because the health council had identified mental health/suicide as one of their top priorities and the community focus groups also identified this as one of the most significant health needs in the community.
- Access to Care - This need was selected because the secondary data and the community focus groups identified access to care including insurance as one of the most significant health needs.

Needs That Will Not Be Addressed

Highpoint Health-Trousdale with Ascension Saint Thomas understands the importance of all the health needs of the community and is committed to playing an active role in improving the health of the people in the communities it serves. For the purposes of this implementation strategy, Highpoint Health-Trousdale with Ascension Saint Thomas has chosen to focus its efforts on the priorities listed above. Healthy eating/active living and education were not selected in this CHNA cycle.

- Healthy eating/active living and resulting chronic conditions- This need was not selected because the hospital will support the health council in their ongoing work and not focus on it separately.

- Education - This need was not selected because the community stakeholders and health council believed the presence of the prison population in the data skewed the data and do not believe that education is a significant issue.

Summary of Impact of the Previous CHNA Implementation Strategy

Highpoint Health - Trousdale with Ascension Saint Thomas did not prepare a CHNA previously as Trousdale Regional Medical Center, they were for-profit, investor owned and did not meet the requirement to perform a CHNA.

Approval by the Highpoint Health Governing Board

To ensure Highpoint Health - Trousdale with Ascension Saint Thomas's efforts meet the needs of the community and have a lasting and meaningful impact, the 2024 CHNA was presented to the Highpoint Health Governing Board of Directors for approval and adoption on March 4, 2025. Although an authorized body of the hospital must adopt the CHNA and implementation strategy reports to be compliant with the provisions in the Affordable Care Act, adoption of the reports also demonstrates that the board is aware of the findings from the CHNA, endorses the health needs identified, and supports the strategies developed to respond to those needs.

Conclusion

Highpoint Health - Trousdale with Ascension Saint Thomas hopes this report offers a meaningful and comprehensive understanding of the most significant needs of Trousdale County. This report will be used by internal stakeholders, nonprofit organizations, government agencies, and other Highpoint Health - Trousdale with Ascension Saint Thomas community partners to guide the implementation strategies and community health improvement efforts as required by the Affordable Care Act. The 2024 CHNA will also be available to the broader community as a useful resource for further health improvement efforts.

As a Catholic health ministry, Highpoint Health - Trousdale with Ascension Saint Thomas is dedicated to spiritually centered, holistic care that sustains and improves the health of not only individuals but the communities it serves. With special attention to those who are underserved and marginalized, we are advocates for a compassionate and just society through our actions and words. Highpoint Health - Trousdale with Ascension Saint Thomas is dedicated to serving patients with compassionate care and medical excellence, making a difference in every life we touch. The hospital values the community's voice and welcomes feedback on this report. Please visit Highpoint Health's public website (<https://highpointhealthsystem.com/chna>) to submit any comments or questions.

Appendices

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- Appendix A: Definitions and Terms
- Appendix B: Community Demographic Data and Sources
- Appendix C: Community Input Data and Sources
- Appendix D: Secondary Data and Sources
- Appendix E: Health Care Facilities and Community Resources
- Appendix F: Evaluation of Impact From Previous CHNA Implementation Strategy

Appendix A: Definitions and Terms

Catholic Health Association of United States (CHA) “is recognized nationally as a leader in community benefit planning and reporting.”³ The definitions in Appendix A are from the CHA guide *Assessing and Addressing Community Needs, 2015 Edition II*, which can be found at [chausa.org](https://www.chausa.org).

Demographics

Population characteristics of your community. Sources of information may include population size, age structure, racial and ethnic composition, population growth, and density.

Key Stakeholder Focus Groups/Interviews

A method of obtaining input from community leaders and public health experts one-on-one. Interviews can be conducted in person or over the telephone (including computer/video calls). In structured focus groups and interviews, questions are prepared and standardized prior to the interview to ensure consistent information is solicited on specific topics. In less structured interviews, open-ended questions are asked to elicit a full range of responses. Key informants may include leaders of community organizations, service providers, and elected officials. Individuals with special knowledge or expertise in public health may include representatives from your state or local health department, faculty from schools of public health, and providers with a background in public health. Could also be referred to as Stakeholder Interviews.

Medically Underserved Populations

Medically underserved populations include populations experiencing health disparities or that are at risk of not receiving adequate medical care because of being uninsured or underinsured or due to geographic, language, financial, or other barriers. Populations with language barriers include those with limited English proficiency. Medically underserved populations also include those living within a hospital facility’s service area but not receiving adequate medical care from the facility because of cost, transportation difficulties, stigma, or other barriers.

³ Catholic Health Association of the United States. (2015). *Assessing & Addressing Community Health Needs, 2015 Edition II*.

Appendix B: Community Demographic Data and Sources

The tables below provide further information on the community's demographics. The descriptions of the data's importance are largely drawn from the County Health Rankings & Roadmaps website.

Table 1: Population

Why it is important: The composition of a population, including related trends, is important for understanding the community context and informing community planning.

Population	Trousdale County	Tennessee	U.S.
Total	11,996	7,126,489	334,914,895
Male	58.7%	49.1%	49.6%
Female	41.3%	50.9%	50.4%

Source: StrategyHealth, [U.S. Census Bureau](#)

Table 2: Population by Race and Ethnicity

Why it is important: The racial and ethnic composition of a population is important in understanding the cultural context of a community. The information can also be used to better identify and understand health disparities.

Race or ethnicity	Trousdale County	Tennessee	U.S.
Asian	0.4%	2.2%	6.6%
Non-Hispanic Black / African American	10.8%	16.7%	13.6%
Hispanic / Latino	3.7%	6.4%	19.1%
American Indian or Alaska Native	0.6%	0.5%	1.3%
Non-Hispanic White	82.8%	72.9%	58.9%

Source: StrategyHealth, [U.S. Census Bureau](#), [CHR](#)

Table 3: Population by Age

Why it is important: The age structure of a population is important in planning for the future of a community, particularly for schools, community centers, healthcare, and child care. A population with more youths will have greater education and childcare needs, while an older population may have greater healthcare needs.

Age	Trousdale County	Tennessee	U.S.
Median age	34.6	39.2	39.0

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Ages 0-17	19.1%	21.8%	21.7%
Ages 18-64	68.0%	60.9%	61.0%
Ages 65+	12.9%	17.3%	17.3%

Source: StrategyHealth, [U.S. Census Bureau](#)

Table 4: Income

Why it is important: Median household income and the percentage of children living in poverty, which can compromise physical and mental health, are well-recognized indicators. People with higher incomes tend to live longer than people with lower incomes. In addition to access to health insurance, income affects access to healthy choices, safe housing, safe neighborhoods, and quality schools. Chronic stress related to not having enough money can have an impact on mental and physical health as well. ALICE, an acronym for Asset Limited, Income Constrained, Employed, are households that earn more than the U.S. poverty level but less than the basic cost of living for the county. Combined, the number of poverty and ALICE households equals the total population struggling to afford basic needs.

Income	Trousdale County	Tennessee	U.S.
Median household income	\$62,018	\$64,035	\$75,149
Per capita income	\$26,522	\$36,040	\$41,261
People with incomes below the federal poverty guideline	16.7%	13.3%	11.5%
ALICE households	46%	30%	29%

Source: StrategyHealth, [U.S. Census Bureau](#), [United for Alice](#)

Table 5: Education

Why is it important: There is a strong relationship between health, lifespan, and education. In general, as income increases, so does lifespan. The relationship between more schooling, higher income, job opportunities (e.g., pay, safe work environment), and social support helps create opportunities for healthier choices.

Income	Trousdale County	Tennessee	U.S.
High school diploma or higher	86.0%	89.3%	89.1%
Bachelor's degree or higher	9.8%	29.7%	34.3%

Source: StrategyHealth, [U.S. Census Bureau](#), [CHR](#)

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Table 6: Insured/Uninsured

Why it is important: Lack of health insurance can have serious health consequences due to lack of preventive care and delays in care that can lead to serious illness or other health problems.

Income	Trousdale County	Tennessee	U.S.
Uninsured	11.6%	11.9%	10.0%
Medicaid Participation, not Eligible	22.7%	22.4%	25.1%

Source: < StrategyHealth, [County Health Rankings](#), [TennCare Enrollment](#), [Medicaid.gov](#)

Appendix C: Community Input Data and Sources

Key stakeholder interviews

Highpoint Health - Trousdale with Ascension Saint Thomas and the Trousdale County Health Department were able to secure 20 individuals representing 20+ organizations and agencies in Trousdale County as those interviewed were active in several organizations. We thank the following organizations for their willingness to volunteer their time and knowledge to this effort:

Organization	Represents
Health Department	All
Sheriff's Department	All
Health Council/Schools	Children & Youth
Community Help Center	Low income
Home Health	All
Retired Health Council	All
Home Health	All
Health Council	All
School Superintendent	Children and Youth
Senior Life Solutions Mental Health	Mental Health
Mayor	All
Rotary Club, Drug Coalition	Substance Misuse
Business owner	All
Radio station	All
School board	Children & Youth
Chamber of Commerce	Businesses
Highpoint Health – Trousdale	All

Conducted in person and via telephone, the key stakeholder interviews loosely followed the following set of questions:

1. Can you share about your role(s) here in your community?

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2. When I say “quality of life” what do you think about? How would you define “quality of life”?
3. Thinking about this shared definition, what are the top three things you believe you would improve QOL in your community?
4. What changes have you noticed in QOL for those who live in Trousdale County?
5. What do you think are your community’s strongest assets? For improving health?
6. What are the obstacles or challenges within your community? For improving health?
7. What would you say are the top three issues specific to health or health care that you are most concerned about in Trousdale County?
8. If you had a magic wand, what top initiatives would you implement in your community?

The Community Health Summit

On November 7, 2024, 12 community stakeholders including the health department and health council members met to receive the results of the CHNA, prioritize the most significant health needs, and brainstorm some solutions to the most significant issues.

There were three tables of four people each addressing one of the issues: substance misuse, mental health, and access to care.

Below are the results of their brainstorming.

Significant Community Health Issue:

Substance Misuse

Please list your top 2 community health goals relative to your topic. Please make these goals SMART (Specific, Measurable, Attainable, Realistic, Time-bound)

1. Initiate a Recovery Court in Trousdale County __
2. Establish support group meetings for AA, NA, and Celebrate Recovery _____

Create a Community Action Plan for your 2 Goals with suggested resources needed:

Goal 1: (from above) Initiate a Recovery Court in Trousdale County	
Actions	Resources/Collaborators Needed
1) Assemble stakeholders to get commitment 2) Contact Judge Robertson	1) Judicial 2) Government 3) Law Enforcement 4) DA
1) Apply for a federal grant	

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1) Focus on prevention to catch younger people before they start using drugs or alcohol. 2) Hold prevention sessions in churches. Partner with and support the DARE program in schools	1) Schools 2) Churches 3) Rotary's Interact Club and Future Business Leaders Club 4) Law enforcement
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Goal 2: (from above) Establish support group meetings for AA, NA, and Celebrate Recovery	
Actions	Resources/Collaborators Needed
1) Remove attendance barriers such as transportation and childcare 2) Explore possibility of having participation via Zoom, to remain anonymous and would not need childcare 3) Explore Al Anon and NarcAnon meetings	1) Provide childcare for each meeting 2) Arrange carpool or church bus for transportation 3) Provide computer access
1) Secure facilities for meetings	1) Methodist Church – Thursday night for NA is active 2) Secure another church for AA and anon meetings

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Significant Community Health Issue:

Mental Health

Please list your top 2 community health goals relative to your topic. Please make these goals SMART (Specific, Measurable, Attainable, Realistic, Time-bound)

1. By December 2025, create access to mental health services for all populations/age groups as measured by surveys of local providers

2. By July 2025 conduct a community campaign to help alleviate the stigma of mental health issues and services as measured by the number of completed materials/ads distributed

Create a Community Action Plan for your 2 Goals with suggested resources needed:

Goal 1: (from above) Increase access to mental health care	
Actions	Resources/Collaborators Needed
Lobby local providers to implement non-traditional (outside 8-5) hours of service	<ul style="list-style-type: none"> • Health Council • Current providers • Schools • Medical community
Recruit additional providers who accept insurance and other pay sources	<ul style="list-style-type: none"> • Health Council • Other interested citizens

Goal 2: (from above) Conduct community campaign to alleviate stigma	
Actions	Resources/Collaborators Needed
Develop materials to be distributed that convey the message of "we all need a little help sometime."	<ul style="list-style-type: none"> • PR person • Health Council • Local providers • Churches
Collect personal stories of benefits of seeking services and how it's ok to get help	<ul style="list-style-type: none"> • Current providers • Personal contacts with local residents • Advertise that people are needed to tell their stories

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Significant Community Health Issue:

Access to Care/Insurance

Please list your top 2 community health goals relative to your topic. Please make these goals SMART (Specific, Measurable, Attainable, Realistic, Time-bound)

1. Incentivize physicians to come to the community

2. Provide care for homebound patients

Create a Community Action Plan for your 2 Goals with suggested resources needed:

Goal 1: (from above) Incentivize physicians to come to the community	
Actions	Resources/Collaborators Needed
Start young by promoting health occupations in the schools and providing tuition reimbursement or scholarships. Hold a job fair for students.	<ul style="list-style-type: none"> High School and college Local providers to act as sponsors/mentors
Open more medical practices and specialty clinics	<ul style="list-style-type: none"> Hospital

Goal 2: (from above) Provide care to homebound patients	
Actions	Resources/Collaborators Needed
Assist with home telehealth visits	<ul style="list-style-type: none"> Home health Provider offices
Conduct house calls with Advanced Practice Providers and paramedics Partner with Meals on Wheels to identify those in need. Determine the process.	<ul style="list-style-type: none"> Home Health Provider offices EMS Senior Center

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Input of those with special knowledge or expertise in public health

The Trousdale County Health Department was consulted prior to beginning the CHNA process for advice and counsel. Representatives of the Trousdale County Health Department participated in the interviews.

Consulting with persons representing the community's interests and taking into account input from persons who represent the broad interests of the community served by Highpoint Health-Trousdale

20 key community members were interviewed. Those selected were chosen based on their knowledge of Trousdale County and its health needs. Highpoint Health-Trousdale and the Trousdale County Health Department recommended the interviewees who represented the broad interests of the community. The request to participate was done through email communication with community stakeholders; which represents a very broad swathe of the community representing many different agencies and organizations.

Solicit and take into account members of the medically underserved, uninsured, and minority population served by the hospital or other representatives

Many of the interviewees were selected because they represented the medically underserved, uninsured and minority population.

Appendix D: Secondary Data and Sources

The tables below are based on data vetted, compiled, and made available on the County Health Rankings and Roadmaps (CHRR) website (<https://www.countyhealthrankings.org/>). The site is maintained by the University of Wisconsin Population Health Institute, School of Medicine and Public Health, with funding from the Robert Wood Johnson Foundation. CHRR obtains and cites data from other public sources that are reliable. CHRR also shares trending data on some indicators.

CHRR compiles new data annually and shares it with the public. The data below is from the 2024 publication. It is important to understand that reliable data is generally two to three years behind due to the importance of careful analysis.

How to Read These Charts

Why they are important: Explains why we monitor and track these measures in a community and how it relates to health. The descriptions for “why they are important” are largely drawn from the CHRR website.

County vs. state: Describes how the county’s most recent data for the health issue compares to the state average.

Trends: CHRR provides a calculation for some measures to explain if a measure is worsening or improving.

- Red: The measure is worsening in this county.
- Green: The measure is improving in this county.
- Empty: There is no data trend to share, or the measure has remained the same.

United States (U.S.): Describes how the county’s most recent data for the health issue compares to the U.S.

Description: Explains what the indicator measures, how it is measured, and who is included in the measure.







N/A: Not available or not applicable. There might not be available data for the community on every measure. Some measures will not be comparable.

Table 7: Health Outcomes

Why they are important: Health outcomes reflect how healthy a county is right now. They reflect the physical and mental well-being of members within a community. NA= not available

Indicators	Trend	Trousdale	TN	U.S.	Description
Length of Life					

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Premature death		10,202	11,043	8,000	Years of potential life lost before age 75 per 100,000 population (age-adjusted)
Life expectancy		73.7	74	78	How long the average person is expected to live
Infant mortality		4.6	6.9	6.0	Number of all infant deaths (within one year) per 1,000 live births
Physical Health					
Poor or fair health		19%	18%	14%	Percentage of adults reporting fair or poor health
Poor physical health Days		4.3	4.1	3.1	Average number of physically unhealthy days reported in the past 30 days (age-adjusted)
Frequent physical distress		13%	13%	10%	Percentage of adults with 14 or more days of poor physical health per month
Low birth weight		8%	9%	8%	Percentage of babies born too small (less than 2,500 grams)
Falls 65+ (by state)		NA	31.2%	27.6%	Older adult falls reported by state
Fall fatalities 65+ (by state)		NA	85.9	78.0	Number of injury deaths due to falls among those 65 years of age and over per 100,000 population
Mental Health					
Poor mental health days		5.8	5.8	4.8	Average number of mentally unhealthy days reported in the past 30 days
Frequent mental distress		18%	19%	15%	Percentage of adults reporting 14 or more days of poor mental health per month
Suicide		21.9	17	14	Number of deaths due to suicide per 100,000
Morbidity					
Diabetes prevalence		11.3%	12%	10%	Percentage of adults ages 20 and above with diagnosed diabetes
Cancer deaths (by state)		202.1	208.8	182.7	Average annual cancer death rate per 100,000
Communicable Disease					
HIV prevalence		277.9	318.1	382.0	Number of people ages 13 years and over with a diagnosis of HIV per 100,000
Sexually transmitted infections		266	562	496	Number of newly diagnosed chlamydia cases per 100,000

Source: [County Health Rankings](#), 2024; [AHR fall rates](#) [CDC falls](#); [State Cancer Profiles](#)

Table 8: Social and Economic Factors

Why they are important: These factors have a significant effect on our health. They affect our ability to make healthy decisions, afford medical care, afford housing and food, manage stress, and more.

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Indicator	Trend	Trousdale	TN	U.S.	Description
Economic Stability					
Median household income		\$62,018	\$64,035	\$75,149	The income where half of households in a county earn more and half of households earn less
Unemployment		3.0%	3.5%	3.5%	Percentage of population ages 16 and older unemployed but seeking work
Poverty		16.7%	13.3%	11.5%	Percentage of population living below the federal poverty line
Childhood poverty		17.1%	18%	16%	Percentage of people under age 18 in poverty
Educational Attainment					
High school completion		86%	89.3%	89.1%	Percentage of adults ages 25 and over with a high school diploma or equivalent
Some college		40%	63%	68%	Percentage of adults ages 25-44 with some post-secondary education
Social/Community					
Children in single-parent homes		38%	28%	25%	Percentage of children who live in a household headed by a single parent
Social associations		4.2	11.0	9.7	Number of membership associations per 10,000 population
Disconnected youth		NA	7%	7%	Percentage of teens and young adults ages 16-19 who are neither working nor in school
Violent crime		250.1	613.4	380.7	Number of reported violent crime offenses per 100,000 population
Access to Healthy Foods					
Food environment index		NA	6.5	7.7	Index of factors that contribute to a healthy food environment (0 = worst, 10 = best)
Food insecurity		10%	12%	10%	Percentage of the population who lack adequate access to food
Limited access to healthy foods		NA	9%	6%	Percentage of the population who are low-income and do not live close to a grocery store

Source: [County Health Rankings](#), [FBI Crime Data Explorer](#), [Bureau of Labor Statistics](#)

Table 9: Physical Environment

Why they are important: The physical environment is where people live, learn, work, and play. The physical environment impacts our air, water, housing, and transportation to work or school. Poor physical environment can affect our ability and that of our families and neighbors to live long and healthy lives.

Indicator	Trend	Trousdale	TN	U.S.	Description
Physical Environment					





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Severe housing cost burden		15%	12%	14%	Percentage of households that spend 50 percent or more of their household income on housing
Severe housing problems		16%	13%	17%	Percentage of households with at least one of four housing problems: overcrowding, high housing costs, lack of kitchen facilities, and/or lack of plumbing facilities
Air pollution: particulate matter		7.4	7.6	7.4	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)
Home ownership		77%	67.1%	65.0%	Percentage of occupied housing units that are owned

Source: [County Health Rankings](#), 2024

Table 10: Clinical Care

Why it is important: Access to affordable, quality care can help detect issues sooner and prevent disease. This can help individuals live longer and have healthier lives.







Indicator	Trend	Trousdale	TN	U.S.	Description
Healthcare Access					
Uninsured		10.6%	12%	10%	Percentage of population under age 65 without health insurance
Uninsured adults		13.2%	14.6%	12.0%	Percentage of adults under age 65 without health insurance
Uninsured children		3.9%	4.6%	5.0%	Percentage of children under age 19 without health insurance
Primary care physicians		3,009	1,440	1,330	Ratio of the population to primary care physicians
Mental healthcare providers		12,111	530	320	Ratio of the population to mental healthcare providers
Hospital Utilization					
Preventable hospital stays		4,650	2,896	2,681	Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees
Preventive Healthcare					
Flu vaccinations		44%	47%	46%	Percentage of fee-for-service Medicare enrollees who had an annual flu vaccination
Mammography screenings		28%	42%	43%	Percentage of female Medicare enrollees ages 65-74 who received an annual mammography screening

Source: [County Health Rankings](#), 2024

Table 11: Health Behaviors

Why they are important: Health behaviors are actions individuals take that can affect their health. These actions can lead to positive health outcomes or they can increase someone's risk of disease and premature death. It is important to understand that not all people have the same opportunities to engage in healthier behaviors.

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Indicator	Trend	Trousdale	TN	U.S.	Description
Healthy Lifestyle					
Adult obesity		36%	36%	34%	Percentage of the adult population (ages 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m2
Physical inactivity		30%	27%	23%	Percentage of adults ages 20 and over reporting no leisure-time physical activity
Access to exercise opportunities		47%	67%	84%	Percentage of population with adequate access to locations for physical activity
Insufficient sleep		36%	34%	33%	Percentage of adults who report fewer than seven hours of sleep on average
Motor vehicle crash deaths		16.6	17	12	Number of motor vehicle crash deaths per 100,000 population
Teen births		29	24	17	Number of births per 1,000 female population ages 15-19
Substance Misuse					
Adult smoking		23%	20%	15%	Percentage of adults who are current smokers
Excessive drinking		19%	17%	18%	Percentage of adults reporting binge or heavy alcohol drinking
Alcohol-impaired driving deaths		9%	24%	26%	Alcohol-impaired driving deaths
Overdose deaths: any opioids by state		NA	43.1	24.4	Rate of opioid-related deaths by state per 100,000 persons
Sexual Health					
Sexually transmitted infections		266	562.4	495.5	Number of newly diagnosed chlamydia cases per 100,000 population

Sources: [County Health Rankings, 2024](#); [TN Dept of Health Drug Overdose dashboard](#)

Table 12: Disparities

Why they are important: Differences in access to opportunities that affect health can create differences between groups of people in the community. A focus on equity is important to improve health for everyone in the community.

Indicator	Population	Measure
Health Disparities		
Premature death: Years of potential life lost before age 75 per 100,000 population (age-adjusted)	Overall Tennessee	10,731.3
	Non-Hispanic White	10,014.6
	Non-Hispanic Black	15,316.7

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	Non-Hispanic American Indian/Alaska Native	5,053.4
	Non-Hispanic Asian/HI native/Pacific Islander	3,934.3
	Hispanic all races	7,447.5
Low birthweight: Percentage of live births with low birthweight (< 2,500 grams)	Overall Tennessee	9%
	Asian	9.1%
	Non-Hispanic Black / African American	14.9%
	Hispanic / Latino	7.5%
	American Indian or Alaska Native	7.5%
	Non-Hispanic White	7.5%

Source: [CDC Wonder](#) 2020,6,886,834; [March of Dimes 2020-2022](#)

Appendix E: Health Care Facilities and Community Resources

As part of the CHNA process, Highpoint Health - Trousdale with Ascension Saint Thomas has cataloged resources available in Trousdale County that respond to the significant needs identified in this CHNA. Resources may include acute care facilities (hospitals), primary and specialty care clinics and practices, mental health providers, and other non-profit services. State and national resources can also provide information regarding programs that can better serve the needs of a person experiencing a specific problem.

The resources listed under each significant need heading are not intended to be exhaustive.

Substance Misuse

Organization	Phone	Website
Tennessee REDLINE	800-680-0633	
Volunteer Behavioral Health Hartsville Hope & Healing Alliance	615-374-7012	https://volunteerbehavioralhealth.org/locations/hartsville-tn/
Trousdale Prevention Coalition		
AA and NA meetings	800-559-2252	https://www.aa.org/ , https://www.na.org/

Mental Health

Organization	Phone	Website
Statewide Crisis Line	855-CRISIS-1 (855-274-7471)	
Suicide Hotline	988	https://trousdalehealthcouncil.org/
Youth Hotline Crisis Services	866-791-9221	https://trousdalehealthcouncil.org/
Volunteer Behavioral Health Hartsville Hope & Healing Alliance	615-374-7012	https://volunteerbehavioralhealth.org/locations/hartsville-tn/
Highpoint Health Senior Life Solutions	615-374-9991	https://www.highpointhealthsystem.com/behavioral-health/senior-life-solutions

Access to Care

Organization	Phone	Website
Highpoint Health - Trousdale with Ascension Saint Thomas Medical Center	615-374-2221	https://www.highpointhealthsystem.com/trousdale
Hope Family Health Services (FQHC)	615-644-9378	https://www.hopefamilyhealth.org/
Fast Pace Urgent Care	615-257-3470	https://fastpacehealth.com/location/hartsville/

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Trousdale County Health Department	615-374-2112	https://www.trousdalecountyttn.gov/government/county_departments/health_department.php

Healthy Eating/Active Living

Organization	Phone	Website
All of the above under Access to Care		
Trousdale County Parks & Recreation Committee	615-374-2461	https://www.trousdalecountyttn.gov/agenda_detail_T12_R180.php
Parks: Trey Park		
Community Help Center	615-374-2904	https://chctc.vercel.app/
TNKids Nutrition		https://www.tnkids.org/summer-feeding-counties/trousdale-county/
Mid-Cumberland Community Action Agency – Trousdale County	615-742-1113	https://midcumberland.org/

Appendix F: Evaluation of Impact from the Previous CHNA Implementation Strategy

Section required by IRS: The purpose of this section is to complement the "[Summary of Impact of the Previous CHNA Implementation Strategy](#)" above and more fully describe the impacts made during the previous CHNA cycle. Per IRS requirements, this section must include a listing of the impact of any actions taken to address the prioritized health needs identified in the hospital facility's prior CHNA (Part V, Section B, Line 3i).

Highpoint Health - Trousdale with Ascension Saint Thomas did not prepare a CHNA previously as Trousdale Regional Medical Center, they were for-profit, investor owned and did not meet the requirement to perform a CHNA. Therefore, there is no previous CHNA.