



Chicot Memorial Medical Center

LAKE VILLAGE ARKANSAS

Hospital/Clinic Sharing: Key Recommendations and Current Action Steps

Identifying diabetics from sponsors

Educating through diabetes classes.

Offer variety of wellness, exercise, and cooking classes.

Publish CMMC Community Outreach Center's monthly calendar of exercise classes to public through Facebook and Instagram and posting in public buildings.

Health screenings in the community and in-house.

Change lifestyle with increased activities. Parking further away from building, walking to get the mail.

Demonstrating exercises while in class or work.

Hospital/Clinic Sharing: Next Steps to Support Full Implementation

- ▶ Monthly health screenings offered by UAMS to the public.
- ▶ Educational meetings and in-home screenings offered by Home Health for those who cannot travel to a meeting or screening.
- ▶ Referrals of any sponsor so he/she can be contacted and tracked.
- ▶ In school education after student's guardian signs waiver.
- ▶ Screenings available at community events, Fall Fest, Community Center events.
- ▶ Cooking classes on cooking healthy.
- ▶ Giving out calendar of events for Community Center exercise classes.
- ▶ Posting exercising videos on Facebook and Instagram.

Hospital/Clinic Sharing: CCC Target Population and Implementation Strategies

- ▶ Advertising and relying on sponsors to refer those with diabetes in order to lower 2% of the 13% County's population with diabetes
- ▶ Chicot County's sponsors are: Chicot County Home Health, Senior Citizen Activity Center, Hunter's Pharmacy, CMMC Community Outreach Center, Chicot County Workforce, Chicot County Chamber of Commerce, Eudora Mainline Clinic, Lake Village Clinic, CMMC Clinic, Chicot County Workforce, Lakeside United Methodist Church, UAMS, Lake Side School District