



## 2009 Community Benefit Report

Each year, Carroll Hospital Center extends its reach throughout the communities it serves. The connections we make have a far-reaching impact on the people of Carroll and surrounding counties.

From preventing disease to promoting healthy lifestyles we are making progress in improving the health status of our community. This year's Community Benefit Report shines the spotlight on some of these important efforts.

### Charity Care

Financial Assistance, Uncompensated Care ..... \$ 5,210,626

### Mission Driven Health Services

Physician Support Activities..... \$ 9,810,327  
 Medical Library ..... \$ 218,119  
 Hospice ..... \$ 35,063  
 Access Carroll Free Clinic for the Uninsured ..... \$ 105,263

### Community Health Services

Education, Screenings Support Groups..... \$ 854,698

### Community Building Activities

The Partnership for a Healthier Carroll County, Inc.  
 The Women's Place and Health Access  
 Call Center..... \$ 856,603

### Education—Health Professionals

Nurses, Physicians, Other ..... \$ 403,782

### Community Contributions

Cash and In-Kind ..... \$ 207,204

**Community Benefit Operations..... \$ 387,505**

**TOTAL Community Benefit..... \$ 18,089,190**



## Beating the Odds

In Carroll County, just like the United States as a whole, heart disease ranks as the number-one killer of men and women. Every February—in honor of Heart Health Month—Carroll Hospital Center takes this issue to heart by helping the community beat the odds through a variety of educational offerings, awareness events and screenings.

“We are committed to providing these activities because of the increasing incidence of heart disease in our community,” says Melissa Murdock, R.N., B.S.N., a community educator in The Learning Center who coordinates Heart Health Month events. “Each year, we try to keep our offerings interesting and creative, and offer a nice balance of activities that showcase our clinical programs, as well as offer educational and support opportunities.”

In 2009, offerings included a self-care education series, free blood pressure screenings, and the WomenHeart support group. In addition, a “Date Night” brought 30 couples together for dinner and an educational program that helped participants recognize the signs of a heart attack and provided information on the new emergency angioplasty program. The hospital also promoted heart disease awareness among staff by participating in National Wear Red Day and providing a special educational luncheon that attracted more than 60 associates.

As a follow up to Heart Health Month efforts, the hospital’s popular cardiac and stroke risk assessments are once again being offered in April. These comprehensive screenings include height and weight measurements, body fat analysis, cholesterol and glucose tests, resting EKG and a comprehensive personal report of heart disease risk factors.

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*Melissa Murdock, R.N., B.S.N., community educator.*



## Gaining Good Health

A healthy collaboration between Carroll Hospital Center and several community partners recently helped dozens of county residents tip the scales in their favor through an innovative, 12-week weight loss program. Held twice in 2009, with sessions beginning in March and September, the Lose to Win Wellness Challenge brought together experts from The Women's Place, The Learning Center, Martin's Food Market, Merritt Athletic Club, Triangle Fitness and Samsara Salon & Spa.

Participants benefited from unlimited access to exercise sessions, weekly group nutritional classes, weigh-ins and blood pressure checks, weekly prize incentives and comprehensive pre- and post-program blood profiles. Even though the person who lost the most weight won a grand-prize gift basket, everyone who participated won the gift of better health.

Thirty-four people have completed the program to date. Total weight loss between the two groups was more than 500 pounds, with the winners in each group losing approximately 15 percent of their body weight. Many participants also showed reductions in their total body fat, total cholesterol, triglycerides and blood sugar levels.

"It's important that we reach out to the community to combat the obesity epidemic and help people make small changes that can make a big difference over time," explains Eileen Overfelt, R.N., B.S.N., manager of The Women's Place at Carroll Hospital Center. "There's a lot of focus out there on weight management, but to be successful, you need to get support from dietitians and health care providers. Our tremendous retention rate for this program—nearly every person who started the program finished it—is a good sign that we're providing the tools people need."

The Lose to Win Wellness Challenge is just one of a full array of programs provided by The Women's Place and The Learning Center. Offerings range from support groups to aquatics classes and educational seminars.



*Pictured above: Christine Hohl, winner of the first wellness challenge, and Lisa Coleman, M.S., R.D., L.D.N., Martin's in-store nutritionist.*



## Promoting Prevention

An ounce of prevention is worth a pound of cure. It's a saying that withstands the test of time—and for good reason. Ask any health care provider and they'll agree that the best way to prevent and manage disease is to detect problems early when they have the best chance for successful treatment.

That's why Carroll Hospital Center offers many free or low-cost screenings throughout the year. These screenings help fight some of the area's most pressing health problems, including heart disease, stroke and cancer.

Every month, community members can find blood pressure screenings at ten locations across the county. The hospital also regularly offers cardiac and stroke risk assessments, as well as screenings for skin cancer, prostate cancer, osteoporosis, nutrition and knee and hip issues. Vascular screenings were a well-received addition to the schedule this past October, in which participants received an ultrasound to check for diseases of the vascular system, that could lead to stroke, aneurysm and circulation problems.

“Being a community educator, my goal is to prevent disease, but that's only the first step. Some people already have problems and don't even know it,” says Mary Peloquin, R.N., B.S.N., community education coordinator. “The second piece is screening. This helps us identify chronic illnesses or discover conditions that may be non-symptomatic. When we find these problems early, we can save more lives.”

*Pictured right: Mary Peloquin, R.N., B.S.N., community education coordinator*

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